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# 4-H Health at 4:00 Weekly Newsletter



## This Week's Zoom Information:



## This Week's Theme:

# FOOD!!!

Thursday, July 16<sup>th</sup> at 4:00pm

Join from PC, Mac, Linux, iOS, or Android:

<https://wsu.zoom.us/j/95077766419?pwd=TXdraEVhUU1ONmVjY3g2c3FLTFJrQT09>

Meeting ID: 950 7776 6419

Password: **healthy**

Phone Call (long distance)

+1 253 215 8782

+12532158782,,95077766419# US (One Tap Call)

\* Please help us keep our session secure, do not share out the password

## VEGETABLES



### 9 ways to get more vegetables...

1. Begin the day by serving a vegetable, fruit, or glass of 100% juice at breakfast.
2. Included and easy to eat vegetable with lunch- Baby carrots, carrot or celery sticks, grapes, and apples are some ideas.
3. Offer cut-up vegetables and fruits as afternoon snacks.
4. At the grocery store, let your child pick out a new fruit or vegetable to try at home.
5. Plant a garden with your child. Children are excited to taste fresh produce they help grow.
6. Make smoothies and freezer pops by blending fruits (fresh, frozen, or canned).
7. Add extra vegetables to your child's favorite soup or pasta dish.
8. Popeye's favorite! Add finely chopped fresh or frozen spinach to spaghetti sauce.
9. Set a good example by eating your veggies and fruits. Children learn from what they see!

For more information, visit [ChooseMyPlate.gov](http://ChooseMyPlate.gov).



## This Week's Featured Recipe:



### Veggie Pick-Pockets

(Recipe for 12)

#### Ingredients:

- 4" whole wheat mini pita pockets
- Lettuce
- 1 cucumber, diced
- 3 carrots, slivered
- ¼ cup of low fat creamy salad dressing or hummus

#### Directions:

- Cut each pita in half
- Wash your veggies
- Peel and dice cucumber (& other veggies)
- Grate carrots or cut into slices
- Spread salad dressing or hummus inside
- Stuff with veggies and serve

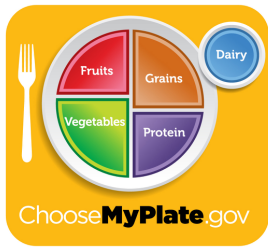
\*offer several choices of vegetables and everyone can choose their fillings!

\* Switch out creamy dressings for an oil & vinegar based dressing for an even healthier option!

### Read about eating ... *check it out!*

*Rabbit Food* by Susanna Gretz. John is a young rabbit who won't touch his celery, tomatoes, peas, mushrooms, or carrots. After a weekend with Uncle Bunny, John begins eating vegetables and also learns an amusing secret about Uncle Bunny.

# DRAW YOUR MENU!



Draw your favorite foods in each section!



Draw one new vegetable you want to try!



## #MyPlateMyState



### Rabbit Pancakes



Carrot cake is good ... so are these pancakes!

#### Ingredients:

$\frac{3}{4}$ cup buttermilk	$\frac{1}{2}$ cup quick-cooking oats
$\frac{1}{2}$ cup nonfat milk	$\frac{1}{2}$ cup flour
1 egg	1 Tbsp sugar
1 Tbsp vegetable oil	1 tsp baking powder
$\frac{1}{2}$ cup grated carrot	$\frac{1}{2}$ tsp baking soda
	$\frac{1}{2}$ tsp salt

#### Directions:

In a large bowl. Mix liquid ingredients well. In a separate bowl, combine dry ingredients. Add dry ingredients to liquid mixture; stir just until blended – do NOT over mix! Gently stir in shredded carrots.

Spray griddle cooking spray; heat griddle. Pour about  $\frac{1}{4}$  cup batter onto the griddle. Cook until pancakes are puffed and dry around the edges.

Flip and cook other side until golden.

Have a favorite pancake mix or recipe? Try adding carrots, cinnamon, and even raisins for a fresh take!

## Contact Us:



Somer Meade

[Somer.meade@wsu.edu](mailto:Somer.meade@wsu.edu)

Skamania County

Abby Brandt

[Abby.brandt@wsu.edu](mailto:Abby.brandt@wsu.edu)

Klickitat County

Chantal Krystiniak

[chantal.krystiniak@clark.wa.gov](mailto:chantal.krystiniak@clark.wa.gov)

Clark County



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