

SESSION  
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# 4-H Health at 4:00 Weekly Newsletter



## This Week's Zoom Information:

Thursday, July 23<sup>rd</sup> at 4:00pm

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

<https://wsu.zoom.us/j/99269617741?pwd=dVcrT1N1eFBBaFOvK1pGdFhUUUVJsUT09>

Meeting ID: 992 6961 7741

Password: stretch

Phone Call (long distance)

+1 253 215 8782

+12532158782,,99269617741# US (One Tap Call)

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



## This Week's Theme:

# FOOD!!!

## DAIRY



### Boost Your Calcium

**Enjoy yogurt:** Fruit flavored low-fat or non-fat yogurt makes a great breakfast or snack choice for kids. Use plain yogurt instead of mayonnaise or sour cream in salad dressings, dips, and on potatoes.

**Milk many ways:** Foods made from milk include low-fat cheese and some soups. Make pudding with non-fat milk and make smoothies from non-fat milk and yogurt.

**Non-Dairy calcium sources:** Foods labeled "Calcium fortified" have calcium added to them. Look for orange juice and breakfast cereals that have calcium added. Broccoli, spinach, and canned salmon also contain calcium.

Ideas and more information about helping your child with proper nutrition can be found at [ChooseMyPlate.gov](http://ChooseMyPlate.gov).

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

*The Milk Makers* by Gail Gibbons. This book answers kids' questions about how dairy cows make the milk we drink. It also tells how milk gets from the farm to the dairy plant and then to the store.



## This Week's Featured Recipe:



### Yogurt Breakfast Parfaits

Serving Size: 4 parfaits

#### Ingredients:

- 1 cup chopped apple or other fruit (fresh, canned, or frozen)
- 1 cup low-fat yogurt, plain or vanilla
- ½ cup low-fat granola or your favorite whole grain cereal

#### Directions:

1. Drain canned fruit; thaw frozen fruit.
2. Cut fruit into bite-size pieces.
3. Place ¼ cup fruit in bottom of cup or bowl.
4. Spoon 2-4 Tbsp yogurt on top of the fruit.
5. When ready to serve, spoon 2 Tbsp cereal on top of the yogurt.

## Strawberry Yogurt Pops



### Ingredients:

- 1 cup of low-fat strawberry yogurt
- 6 large strawberries
- 1 ice cube tray (or paper cups)

### Directions:

1. Cut strawberries into small pieces
2. Mix fruit and yogurt
3. Divide into 4 small paper cups (or 8 ice cubes) and place in popsicle sticks (or cut paper straws)
4. Freeze
5. Enjoy as a frozen treat

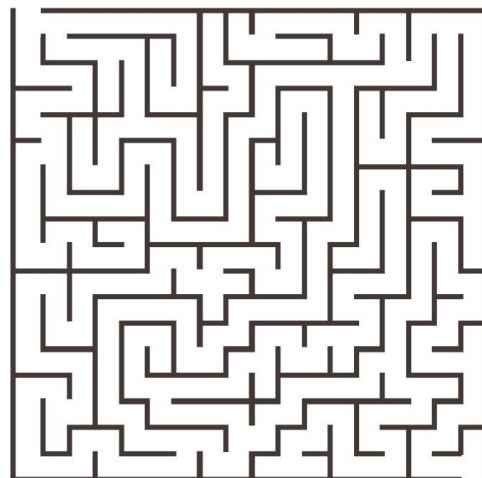
Visit [choosemyplate.gov](http://choosemyplate.gov) for more awesome recipes, including variations on this recipe like:

- Banan cocoa yogurt pops
- Tropical yogurt pops
- Strawberry Kiwi Yogurt Pops



## DAIRY MAZE

Help Hanna the Cow solve the maze so she can get to the products she has produced!



### What's your Health Goal for this week?

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## Contact Us:

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### An Hour-a-Day of Active Play

Kids who move their bodies each day are more physically fit, have stronger bones and muscles, are more energetic, and even do better in school. Being fit doesn't have to mean organized sports or exercise. For children it can be at least 1 hour of any kind of active play each day. Because kids learn best by example, consider being active together. Here are some fun ideas:

- Walk to the store
- Park further away and walk to and from the car
- Play basketball
- Jump rope
- Hike and explore
- Ride bicycles together
- Put on some music and DANCE!