



Tips 'n Topics

A MONTHLY NEWSLETTER FOR 4-H MEMBERS, LEADERS & PARENTS IN SHASTA COUNTY

2021-2022 4-H PROGRAM YEAR / VOLUME 22, ISSUE 7 — MARCH 2022

Did you know ?

Event Planning for 2022-2023 Program Year - Valley Council

Wednesday, March 16, 2022 @ 6 pm

Shasta 4-H Office

We will be planning the Valley Event Calendar for the 2022-23 program year. Please bring your ideas, possible dates, and venues to the meeting.

To get ideas, see [page 9](#) for a list of event/descriptions that have been hosted in the past.

All Club Leaders (or designated representative) should plan on attending.

County Events:

- ◆ Each club hosts or helps with one or more events each year.
- ◆ Rally support within your club for all families to help with the events you are hosting.
- ◆ Schedule a meeting with Erin 2-3 months prior to your event to go over all the details involved in hosting the event.
- ◆ Please submit the "county wrap-up" to the 4-H office within 2 weeks after the event.
- ◆ Encourage your members to participate in multiple county wide events.

CALENDAR

March

- 6** DUE - Fashion Revue Registration
- 12** Presentation Day, Palo Cedro - NEW DATE
- 16** County Budget Planning, 4-H Office
- 16** Valley Event Planning, 4-H Office
- 18** DUE - Council Scholarship Applications
- 19** Fashion Review, Inter-Mountain Fairgrounds
- 27** DUE - Inter-Mountain Favorite Foods Day and Home Ec / Ag Stills Field Day Registrations

April

- 8-9** Inter-Mountain Home Ec/Ag Stills Field Day
McArthur Cafeteria
- 9** Inter-Mountain Favorite Foods Day
McArthur Cafeteria
- 14** Council Scholarship Interviews, 4-H Office
- 20** Valley Council Meeting, 4-H Office
- 24** DUE - Valley Field Day Registration
- 27** Inter-Mountain Council Meeting, Burney

May

- 2** DUE - Emerald Star Applications
- 6** DUE - County Ambassador Applications
- 6-7** Valley Field Day, Shasta District Fairgrounds
- 13** DUE - Valley Fair Contract (if selling)
- 18** Valley Council Meeting, 4-H Office
- 20** DUE - Entries to SDF
- 30** Memorial Day *

June

- 22-25** Shasta District Fair
- 30** 2021/2022 Program Year Ends

August

- 5** Entries due to Inter-Mountain Fair

September

- 1-5** Inter-Mountain Fair

* Shasta 4-H Office Closed

Council meetings are open to **all** members.

Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2021-2022](#)

4-H Online Enrollment is Year-Round
[2021-2022 Enrollment](#)

Interested in [Volunteering](#) ?

California 4-H [Member Resources](#)

[4-H Handbook for Families](#)



<https://ucanr.edu/sites/UC4-HResources/>

This site will be updated regularly with guidance and tips on for 4-H clubs, activities and projects both in-person and virtually during the COVID-19 pandemic.

Please note that guidance is subject to change. Please check back regularly for the latest updates.

See these other sites for more information:

NATIONAL 4-H at Home - Activity Guides link:
[4-H at Home Activity Guides | 4-H](#)

California 4-H State website - For more information on the California 4-H Youth Development Program, visit 4h.ucanr.edu

Tips 'n Topics is published by the Shasta County 4-H Youth Program, University of California, Cooperative Extension, Division of Agriculture & Natural Resources.



Please submit articles and photos by the 15th of each month to:

Mari Szynal, Editor
4-H Office
1851 Hartnell
Redding, CA 96001
(530) 224-2900 / mszynal@ucanr.edu

Erin Paradis
4-H Community Education Specialist
eparadis@ucanr.edu

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LOCAL 4-H NEWS

COUNCIL MEETINGS

Valley Council

Next meeting: April 20, 2022
6 pm @ Redding 4-H Office



Inter-Mountain Council

Next meeting: April 27, 2022
7 PM @ Gepetto's Pizza, Burney

All leaders and youth 14 years+ have voting rights.



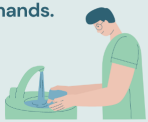

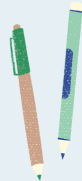



Please join us and take part!



All members selling animals at the SDF are required to complete the annual YQCA training.

You can find a link to the [YQCA](#) website on our site.

Drop down to the [4-H Forms and Resources](#) tab.

<h3>Procedures for 4-H Meetings during Covid-19</h3> <p><i>UC 4-H wants you and your child to be safe and healthy. In order to hold in-person meetings, there are some guidelines that must be met to ensure everyone's well-being.</i></p> <p>Together we will help to keep everyone healthy! UC 4-H Healthy Living Team</p> <p> University of California Agriculture and Natural Resources 4-H Youth Development Program</p>	<p>Wear a mask. Masks must always be worn indoors.*</p>  <p><small>*Counties who do not have a substantial or high transmission rate may have different guidelines. Check with your local health department.</small></p>	<p>Wash your hands.</p> <p>Wash your hands with soap and water when you arrive (or use alcohol or hand sanitizer). Wash them again as soon as you get home.</p> 
	<p>Check your temperature before you come.</p> <p>Do not come to a meeting if you have had a fever within the last 48 hours.</p> 	<p>Do not share items.</p> <p>Please confirm with your leader ahead of time what items you may need to bring to the meeting. Do not share your things with others.</p> <p><small>If possible, put needed materials into a bag or box labeled with your name.</small></p> 
	<p>Watch for other symptoms.</p> <p>Aside from fever, Covid-19 symptoms include cough, difficulty breathing, headache, body aches, nausea, loss of taste or smell and fatigue. Do not come to a meeting if you feel sick.</p> 	<p>Keep a record of the meetings you have gone to, with dates.</p> <p>If you or someone you live with gets sick within 48 hours of a meeting, let your project leader know immediately. Be sure your leader has recorded your attendance as well.</p> 
	<p>Practice physical distancing.</p> <p>Maintain at least 3 feet distance from others when masked and 6 feet when unmasked.</p> 	

More information can be found here:

https://ucanr.edu/sites/ca4H/COVID_Update/

Inter-Mountain Home Ec & Ag Stills Day

Date: Friday, April 8 & Saturday, April 9, 2022

Location: McArthur Cafeteria, 26417 Main Street, McArthur

Host: Hat Creek 4-H

Online [Pre-Registration](#) Required By: Sunday, March 27, 2022

Still exhibits provide 4-H members with the opportunity to display the results of their project work indicating achievement and growth - *this is not an event for school projects.*

SCHEDULE

Friday, April 8, 2022

5 - 6 pm

Drop Off & Check in Home Ec. & Ag Stills Exhibits

Saturday, April 9, 2022

8:30 pm

Doors Open

After 1:00 p.

Pick Up Items

All exhibits will be released after judging is complete – it is the member's responsibility to pick up their items.

Who Can Enter? All 4-H members may exhibit and participate at the 4-H Home Ec and Ag Stills Field Day. Ages are as of December 31 of the program year.

Primary: ages 5-8*

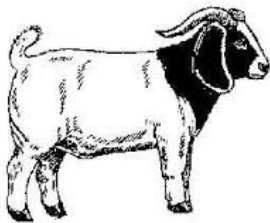
Junior: ages 9-10

Intermediate: ages 11-13

Senior: ages 14+

* May show in any division. However, they will not be judged and will receive participation ribbons only.

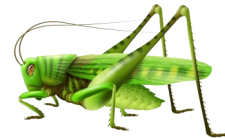
Categories can be found in the [Premium Book](#).



Inter-Mountain Home Ec & Ag Stills Day 2022

General Guidelines

1. All exhibits must have been made by the 4-H member during the current 4-H year and under the supervision of a certified 4-H leader. To participate in this event, member must be enrolled in the project to exhibit items.
2. The 4-H member is responsible for meeting check-in times. Late exhibits will not be judged.
3. The judges' decisions are final. All judges are volunteers and offer their expertise in evaluating 4-H project work. Respect should be given to those recruited as judges.
4. A successful 4-H Still Exhibits Fair takes the involvement of every 4-H member, leader and parent with lots of help from our 4-H friends! If you have any questions or would like to volunteer to help with this event, please contact the office at (530) 224-4900.



AWARDS: Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, for each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.

PLEASE NOTE: NO members, adult leaders or parents will be allowed in the competition area until all judging is completed. Leaders and parents are to help fill out any required paperwork in advance of dropping items off. Allow enough time if you have entries in more than one category.



Inter-Mountain Favorite Foods Day

Date: Saturday, April 9, 2022
Location: McArthur Cafeteria, 26417 Main Street, McArthur
Theme: "Hawaiian Beach Party"
Host: Hat Creek 4-H
Pre-Registration Required By: Sunday, March 27, 2022
(No late entries accepted)



SCHEDULE (approximate times)

8:30 - 9:00 Check-in and set up entries. No late arrivals accepted.

9:30 Judges Orientation

10:00 - 11:00 Judging

Judging begins in all categories. **All adults are to stay out of the judging area.** Each member is to sit by their food entry, serve each judge a sample (***servings for judges must be pre-served and wrapped individually***) and answer any questions. *Members with multiple entries should watch for the judges as to which entry is judged first.* Members must remain with the entry, if feasible, until all judging is completed for that specific category. Members with multiple entries may not be able to stay with each particular entry. *When members are dismissed from their final class, they are to go to the Food Quiz area.*

Exceptions - Members are not to remain with their entries for Edible Centerpieces, or Decorated Cakes. They should go to the Food Quiz area to take part in the fun activities, then head to a waiting area when they are finished.

Food Quizzes - All members are invited to take part in this quiz to see how knowledgeable they are about foods and related subjects. *Bring a pencil and take the challenge!*

Following the completion of all judging, the foods will be open for viewing and picture taking.

12:00 Awards Ceremony



NOTE: Participants may not leave until the awards ceremony is complete if they wish to receive credit for attendance.

Inter-Mountain Favorite Foods Day



IMPORTANT INFORMATION

YOU WILL NEED TO BRING THREE (3) INDIVIDUALLY WRAPPED SERVINGS FOR THE JUDGES.

EVENT ELIGIBILITY: This event is open to all 4-H members. Please check the category rules for entry restrictions.

MENU CARD: Prepare one for each entry except 8 & 16. Type or neatly print on the sample menu card or make your own to fit your place setting. Menus must be nutritionally balanced. Circle your entered Favorite Food Prepared. Place the recipe for the entry on the back of the card. Be sure to include your name, project, years in project, club and grade. Bring to the event and set on the table with place setting.

UNIFORMS: Uniforms are acceptable, but not required. Clothing must be neat and clean.

PLEASE NOTE: Adult leaders and parents will NOT be allowed in the competition area until all judging is completed. Ambassadors, Junior/Teen Leaders and older members will be available to help younger members and answer questions following check-in. Leaders and parents are to help fill out any required paperwork in advance. Allow enough time if you have entries in more than one category.

FOOD PREPARATION: Foods may be prepared using any source. No food preparation will be allowed at the event. Entry must be complete and ready for judging when brought in - includes 3 individually wrapped servings for the judges. All foods must be prepared with fresh ingredients. If presenting hot foods and prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request.* Cream pies are prohibited for health reasons.

AWARDS: Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, for each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.

AGE DIVISIONS AND CARD COLORS

PINK: Primary (5-8)

WHITE: Junior (9-10)

YELLOW: Intermediate (11-13)

GREEN: Senior (14+)



Inter-Mountain Favorite Foods Day



CATEGORIES

- | | | | |
|--------------|-----------------------|-----------------------|------------------|
| 1. Main Dish | 5. Decorated Cake | 9. Card Table Display | 15. Beverage |
| 2. Salad | 6. Market Animal | 10. Primary Member | 16. Adult Edible |
| 3. Dessert | 7. Food Preservation | 12. Appetizer | Centerpiece |
| 4. Bread | 8. Edible Centerpiece | 13. Egg Dish | |

CATEGORY RULES & REQUIREMENTS

Categories 1 - 4, 13 & 15 - Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.

Category 4 - Prepare your bread using the appropriate utensils and dishes for serving. You must include a menu card with your recipe.

Category 5 - Decorated cakes should follow the theme. No individual cupcakes. All cakes will be judged for appearance only. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used. Members do not remain with their entry.

Category 6 - Any 4-H member enrolled in a Market Animal project (beef, sheep, swine, meat goat, rabbit, or poultry) may enter a food item using meat from their market animal species. *Participation here DOES meet SDF Contract requirements.* **Entry in this division must have more than one step in the preparation process.** Example: slice of ham (*not acceptable*) vs. casserole with broccoli, rice and ham (*acceptable*).

Category 7 - Entrants prepare and serve a dish or bread using the food they have preserved. Include recipe and menu card.

Categories 8 & 16 - Create a sculpture from 5 different foods such as cheese, crackers, vegetables, nuts, fruits and edible flowers. Creations may be on wicker, foam, paper plates, plastic, etc., however, sculpture shall include only edible items. Be sure the theme is followed and at least 5 fruits and/or vegetables are used. A card giving directions on how the centerpiece was assembled is required. Members do not remain with their entry.

Category 9 - Setting should follow the theme. Coordination of originality and creativity are important.

Category 10 - Primary members should enter their item under the Primary category.

Category 12 - Prepare your appetizer using the appropriate utensils and dishes for serving. You must include a menu card with your recipe.

The place settings, centerpieces, and menu are expected to follow the theme. Small centerpieces and decorative touches are optional.

Bring one complete place setting for each course being served. This includes: plate(s), napkin, placemat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc.

A nutritionally balanced menu card and recipe **MUST** be included along with a complete place setting, unless noted otherwise above.

Be sure to bring 3 individually wrapped servings for judging.



Valley 4-H Event Hosting

4-H/FFA Community BBQ – Fundraiser

July 9, 2022 Shasta District Fairgrounds

All clubs are strongly encouraged to participate (sell tickets and serve). Ticket sales benefit your club. Some clubs use the funds to pay for the member's enrollment fees.

Club Officer Training and Installation

3rd or 4th Saturday of September

Held in September after club officers have been elected. All club officers should attend to learn about their new jobs, and how best to serve their club. Games, food and fun are included in the day. Materials and training materials are supplied to each club officer who attends.

4-H Family Kickoff / Achievement Night / Volunteer Appreciation

2nd Saturday of October ??

Livestock Judging Day (Stills & Animals)

2nd Saturday in October

Need 2 Club Hosts: Event Organization & Sign-In Host and a Separate Tabulations Host

4-H members participate in livestock judging contests. Instruction is given before members must judge the livestock for themselves.

Junior & Teen Leader Training Lock-in

November

Favorite Foods Day

January

Host: 1 Club

4-H members prepare and show their favorite food to a panel of judges.

Presentation Day

February

Host: Inter-Mountain for 2023

4-H members learn to express themselves in creative and effective ways.

Fashion Revue

March

Host: 1 Club

Valley Field Day (Still Exhibits / Livestock Education)

2nd Friday and Saturday of May

Host Committee Comprised of Multiple Clubs

4-H Members showcase their projects (livestock and non-livestock).

Plant Science Day

Host: Inter-Mountain, Pine Grove

[Continued on next page...](#)

Valley 4-H Event Hosting

General Description of Host Responsibilities and Timeline

Each event is a little different and may require additional tasks and time.

Two months before event:

- ◆ Verify that facilities have been secured.
- ◆ Notify the 4-H Office immediately if a certificate of insurance is required by the facility.
- ◆ Give publicity information to the 4-H Office for the Tips and Topics.
- ◆ Appoint chairpersons and committee members.
- ◆ Contact 4-H Office to coordinate ordering awards (if applicable).
- ◆ Make plans to pick-up any materials needed.
- ◆ Secure Judges for the event, if they are required.
- ◆ Verify judging sheets are available for your event (if applicable).

One month before the event:

- ◆ Plan for decorations and event signs (if applicable).
- ◆ If food will be served, coordinate who will bring what.
- ◆ Contact the 4-H Office to go over the schedule of events for the event, what paperwork, awards, and/or equipment will be needed from the 4-H Office.
- ◆ Provide the list of judges and their addresses to the 4-H Office (if applicable).

One week before the event:

- ◆ Verify committee chairs and members are on track with tasks assigned to them.
- ◆ Pick up paperwork, awards, etc. from the 4-H Office.
- ◆ Verify your members will be at the event to set up, decorate (if applicable), lead games and activities (if applicable) and clean up.
- ◆ Call your Judges to verify they will be at the event (if applicable).
- ◆ Verify that food will be brought by assigned members/leaders/parents (if applicable).

One day before the event:

- ◆ Make last minute calls to members of your club to coordinate your efforts.
- ◆ Set up the facility for the event or make plans to set up the day of the event.
- ◆ Communicate with the 4-H Office as needed.



LOCAL 4-H NEWS



RECYCLED WHITES AVAILABLE

The 4-H office has a supply of lightly used white shirts and pants available at no charge for any 4-H member. Call for an appointment if you need white shirts or pants.

If your child has outgrown their uniform, please consider recycling to help other 4-H members.

EMERALD STAR PROJECTS

The Emerald Star program is a county rank and not part of the state star rank system.

Anyone holding a Gold Star has the opportunity to develop projects beyond the Club level and grow your leadership, organizational and planning skills.

Emerald Stars are awarded at Achievement Day. The application form and information are available on our website by clicking on the title above.

Deadline: Monday, May 2, 2022.



COUNTY AMBASSADORS

California's 4-H [County Ambassador Program](#) is a leadership development opportunity for older youth.

County Ambassadors are the champions of the 4-H program in the County, while developing leadership skills that will stand them in good stead throughout their life.



The Ambassador team plan a year of activities to create meaningful learning and service opportunities for themselves and others in the community.

Being chosen as a County Ambassador is a working honor, and members are expected to conduct themselves with a degree of maturity, composure, and excellence.

[Shasta County 4-H Ambassador Application Deadline:](#)

Friday, May 6, 2022

Scholarships

Pathways to College Savings Nate W. Caeton

As follow up to Larry Forero's February 2022 article on scholarships, I would like to highlight another way to help manage your educational costs: school choice. Scholarships are wonderful, and I encourage every student to apply for as many scholarships as possible, but making thoughtful decisions on where to go for your education can maximize your dollars and reduce the impact on your wallet.

Career coach and Dave Ramsey Personality [Ken Coleman](#) encourages people to ask themselves two questions when confronted with life decisions that will impact their future; 1) Is this the only way to get to where I want to be? and 2) Is this the best way to get to where I want to be? If the answers are yes, then go ahead and move forward with your plans. But if the answer is no, or you're unsure, it makes sense to pause for moment and search for some more options.

While a degree is still necessary for many professions, the educational landscape has changed, and it's entirely possible to get a great job without following the pathway that leads to a four-year degree. Here are some interesting statistics from Georgetown University's Center on Education and the Workforce, which conducted a study on [Job Growth and Education Requirements Through 2020](#):

- ◆ 35 percent of job openings require at least a bachelor's degree
- ◆ 30 percent of job openings require some college or an associate's degree
- ◆ 36 percent of job openings will not require education beyond high school.

That's a lot of jobs that don't require a four-year degree or more. Certainly, there are a lot of benefits associated with a traditional college education, but it may not be the only or the best way to get to where you're headed. It's also not for everyone and there is no guarantee that you'll get a return on your investment. If you fall into the 'no' or 'unsure' category above, a local community college could be the right fit for you. It could also save you a lot of money and hopefully, help you avoid taking on any student loan debt. With an average in-state tuition of \$1,603 per year, compared to \$11,814 for CSU and \$14,312 for UC, attendance at a California Community College could represent a savings of more than 85%!

What's even better is that Shasta County 4-H members have a community college right in their own backyard. Shasta College currently offers more than 130 degree and certificate programs that run from Accounting to Wildland Fire, with a lot more in between. You may even qualify for the Shasta College Promise Program, which provides first-time, full-time students with free tuition for their first two years of school. Here's a snapshot of the eligibility requirements:

- ⇒ Be a California resident
- ⇒ Be a first-time student at Shasta College (never attended post-high school college courses)
- ⇒ Enroll as a full-time student (12+ units)
- ⇒ Complete the current Free Application for Federal Student Aid (FAFSA) or the California Dream Act Application (CADAA)
- ⇒ Complete the New Student Online Orientation
- ⇒ Meet with a counselor and complete an Education Plan
- ⇒ Complete Shasta College Promise Program Application

For more information, or to apply, please visit the Shasta College Promise Program [website](#).

Remember, whatever pathway you choose, be financially smart and be sure it's the right one for you.



Harvest of the Month



Network for a Healthy California

The Harvest of the Month featured fruit is **grapefruit**



Health and Learning Success Go Hand-in-Hand

There is no shortage of fruits and vegetables in California – even in winter! Fruits and vegetables can give your children the nutrition they need to stay healthy, grow, and learn. All forms count toward their daily needs – fresh, frozen, canned, dried, and 100% juice! *Harvest of the Month* gives you ideas to help your family enjoy more fruits and vegetables and be more active every day.

Produce Tips

- There are three main types of grapefruit: white/yellow, pink, and red.
- Choose grapefruit that have smooth, glossy skin and feel heavy for their size.
- Avoid grapefruit with brown or soft spots.
- Store grapefruit at room temperature for up to one week. Or, store in the refrigerator for over two weeks.
- Grapefruit is a hybrid fruit of oranges and pummelos.
- *Chinese grapefruit* is actually a pummelo, which is the largest citrus fruit.

For more information, visit:
www.fruitsandveggiesmatter.gov

Healthy Serving Ideas

- Combine grapefruit sections, sliced banana, and raisins with lowfat yogurt.
- Cut in half and serve chilled grapefruit with breakfast.
- Blend grapefruit chunks with equal parts oil and vinegar to make a zesty salad dressing.
- Try 100% grapefruit juice – it tastes great chilled or frozen like a popsicle.
- Toss peeled grapefruit segments into fruit or green salads.
- Enjoy a variety of citrus all year long – grapefruit, oranges, mandarins, kumquats, and pummelos.

CITRUS SALAD

Makes 4 servings. 2 cups per serving.
Prep time: 10 minutes

Ingredients:

- 5 cups chopped salad greens
- 1 large orange, peeled and sectioned
- 1 medium pink or red grapefruit, peeled and sectioned
- ½ cup chopped red onion
- 1 cup thinly sliced radishes
- ¼ cup sliced almonds
- 2 tablespoons light sesame dressing
- 2 tablespoons 100% orange juice

1. Place salad greens in a large bowl.
2. Combine all ingredients with salad greens.
3. Toss ingredients together. Serve immediately.

Nutrition information per serving:

Calories 136, Carbohydrate 21 g, Dietary Fiber 5 g, Protein 4 g, Total Fat 6 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 0 mg, Sodium 112 mg

Adapted from: *Soulful Recipes: Building Healthy Traditions*, Network for a Healthy California, 2009.

Let's Get Physical!

- **At home:** Dance to music before breakfast and after dinner.
- **At work or school:** Get moving during breaks and recess – play, walk, skip, run, dance, or stretch. Active bodies make active minds.
- **With the family:** Map out safe routes to your favorite local spots and walk together.

For more ideas, visit:
www.cachampionsforchange.net

Nutrition Facts

Serving Size: ½ medium grapefruit (123g)	
Calories 46	Calories from Fat 1
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 0mg	0%
Total Carbohydrate 12g	4%
Dietary Fiber 1g	5%
Sugars 9g	
Protein 1g	
Vitamin A 6%	Calcium 1%
Vitamin C 78%	Iron 1%

How Much Do I Need?

- Half of a medium grapefruit is about ½ cup of fruit.
- A ½ cup of sliced grapefruit is an excellent source of vitamin C.
- A ½ cup of sliced grapefruit has good nutritional value and low calories.
- Calories measure the energy found in food. The body needs energy to function, which is why we need to eat food to live.

The amount of fruits and vegetables you need depends on your age, gender, and how active you are every day. Look at the chart below to find out how many cups of fruits and vegetables you and your family need every day.

Recommended Daily Amounts of Fruits and Vegetables*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
Males	2½ - 5 cups per day	4½ - 6½ cups per day
Females	2½ - 5 cups per day	3½ - 5 cups per day

*If you are active, eat the higher number of cups per day. Visit www.mypyramid.gov to learn more.

What's in Season?

California grown grapefruit are in peak season from winter through spring. California grown varieties may be fresher and cost less than varieties shipped from other states or countries.

Try these citrus varieties – they are all excellent sources of vitamin C: grapefruit, kumquats, mandarins, oranges, pummelos, tangerines, and tangelos.



3/1 Madison Stayer
3/2 Harold Eastman
3/2 Angelique Mantor
3/2 Monica Peterson
3/2 Averiana Wimer
3/3 Colton Berry
3/3 Adriel Ramos
3/3 Brylee Small
3/4 Ricardo Garcia
3/4 Molly Greenwood
3/5 Rylie Bester
3/5 Trevor Ervin
3/5 Bodie Zulliger
3/5 Zane Zulliger
3/6 Sawyer Cantrell
3/6 Abigail Fernandez
3/6 Patricia Laustalot
3/7 Gerardo Navarro
3/8 Elliot Compton
3/8 Gunner Morton
3/9 Tate Churchin
3/9 Lacy Helms
3/9 Warrick Quinlan
3/11 Kelli Broderick
3/11 Emily Dixon
3/11 Lila Hammon
3/15 Wyatt Fields
3/15 Madeline Fiscus
3/15 Peggy Hebert
3/15 Maggie Rohrer
3/15 Jillian Wold
3/16 John Feamster
3/16 Jordan Feamster
3/16 Katelyn Nolan
3/16 Brooke Sims
3/17 Brayton Taylor



3/18 Mikayla Daisley
3/18 John Greenwood
3/18 Carly Laymanleary
3/18 Ciara Parker
3/18 Ashlee Roloff
3/19 Addilynn Baker
3/19 Charlotte Evans
3/19 Leimone Waite
3/20 Logan LaBarbera
3/20 Bethany Perry
3/20 Payton Zulliger
3/21 Tanner Cain
3/21 James Fields
3/22 Aaron Aitken
3/22 Tate Lindgren
3/22 Symphony Rouse
3/22 Kara Scott
3/23 Asher Corn
3/23 Brady Hill
3/23 Eli LaBarbera
3/23 Liam von Schalscha
3/24 Owen Severne
3/25 Dylan Modesto
3/25 Hoyt Owens
3/25 Frank Rose
3/26 Jace Churchin
3/27 Marianna Hiser
3/27 Blake Rickards
3/28 Axl Owens
3/28 Eastyn Rickman
3/29 Hudson Bass
3/29 Wyatt Scales
3/29 Hannah Thomas
3/30 Porter Fischer
3/31 Kennedy Henning

