



# Tips 'n Topics

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

2022-2023 4-H PROGRAM YEAR / VOLUME 23, ISSUE 8 — FEBRUARY 2023

## Did you know ?



### Important Date for SDF Beef Exhibitors

**Mandatory Steer Weigh-In & Tagging:**

**Sunday, February 19**

**Auction Yard 9 - 11 am**

**Shasta College 1 - 3 pm**



The Spirit Award for Favorite Foods Day went to  
Westside 4-H Club with 48% Club Attendance

**Way to go Westside !!!**

## CALENDAR

### February

- 13\* Lincoln's Birthday
- 15 Field Day Planning - Valley Clubs
- 20\* President's Day

### March

- 15 2023-24 Budget & Event Planning - All Clubs
- 17 Council Scholarship Application **Deadline**

### April

- 13 Council Scholarship Interviews
- 14-15 Inter-Mountain Home Ec. & Ag Stills Day  
& Favorite Foods Day
- 19 Valley Council Meeting
- 26 Inter-Mountain Council Meeting

\* Shasta 4-H Office Closed

### May

- 1 Emerald Star Application **Deadline**
- 5 County Ambassador Application **Deadline**
- 5-6 Valley Field Day
- 12 SDF 4-H Contract due to Office
- 17 Valley Council Meeting

### June

- 21-24 Shasta District Fair
- 30 2022/2023 Program Year Ends

**August 31 - September 4**  
Inter-Mountain Fair

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

## Member Resources

[Shasta County 4-H Website](#)

[Shasta County 4-H Calendar 2022-2023](#)

4-H Online Enrollment is Year-Round  
[2022-2023 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](http://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:**

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## LOCAL 4-H



### REDDING ROTARY HONOR TO YOUTH AWARD

Each year the Redding Rotary honors one senior 4-H youth member with a plaque and cash scholarship award.

This year, Glorianna from the Golden Acres 4-H Club was selected and honored at the Redding Rotary meeting on January 19, 2023.

**Congratulations Glorianna!**

The Fuzzy Goat Show takes place right after Valley Field Day, which is also held at the Shasta District Fairgrounds.

**FUZZY GOAT SHOW**  
**MAY 6, 2023**

**LOCATION: SHASTA DISTRICT FAIRGROUNDS**  
**1890 BRIGGS ST,**  
**ANDERSON, CA 96002**

**TIME: 1:00 PM**  
**CONTACT: KAY DELALOZA**  
**(530) 604-7411**

**\$10 PER CLASS**  
**SHOWMANSHIP**  
**BREEDING DOES**  
**MARKET GOATS**

# LOCAL 4-H

**The following scholarships are currently accepting applications**

**Eileen Lewis Washburn Memorial Scholarship - due by Friday, March 17, 2023**

For members interested in textiles, clothing, sewing or fashion design who are currently enrolled in a 4-H club or previously active during sophomore and junior years of high school.

**Luz Martinez Scholarship - due by Friday, March 31, 2023**

For members interested in working with registered breeding ewes.

**Shasta County 4-H Council Scholarship - due by Friday, March 17, 2023**

For members who have been enrolled for at least the past three (3) years (sophomore, junior and senior) and are a graduating high school senior.

**Shasta County Farm Bureau Scholarships - due by Wednesday, March 1, 2023**

College Scholarships - for Shasta County students (current or former) who are studying, or planning on studying, agricultural or natural resources and who are also members of the Farm Bureau.

Vocational Scholarships - for Shasta County students (current or former) who are pursuing training in diesel mechanics, welding or equipment operations.

## COUNCIL MEETING ATTENDANCE 2022 - 2023

### VALLEY

	AUG	SEP	OCT	JAN	APR	MAY
BLACK BUTTE	X					
CLOVERLEAF						
COTTONWOOD	X					
COW CREEK	X	X	X			
FOOTHILL	X		X			
GOLDEN ACRES	X		X	X		
HAPPY VALLEY	X		X	X		
LONE TREE						
OAK RUN		X				
PALO CEDRO	X	X	X	X		
SWEDE CREEK	X	X				
TWIN PALMS	X	X		X		
WEST VALLEY	X					
WESTSIDE		X	X			
WHITMORE	X					

### INTER-MOUNTAIN

	JUL	OCT	JAN	APR
BURNEY	X	NO MEETING	X	
EVERGREEN	X		X	
HAT CREEK	X		X	
PINE GROVE	X		X	

### Know Your Council

**Inter-Mountain**

Katie Eastman, President

**Valley**

O P E N, President  
 Glorianna Junokas, VP  
 O P E N, Secretary  
 Heather Myers, Treasurer

## Chico Livestock Education Day

by: Abby Morgan, Happy Valley 4-H Club & Countywide Goat Project

I went to the Chico Livestock Education Day, formally the Chico Goat and Sheep Education Day, and we learned many things about the livestock and we were broken up into groups so we could get a better explanation on what to do for the animal we are raising for fair.

We learned about what the weight range would be for each animal and we learned what the ideal weight is and the fat cover as well. I learned about how long we should have the animal, for example, the ownership time for a goat is five months. I also learned about what the target weight for fair is, the average daily gain of weight, and what the weight should be when you first purchase the animal.

I learned about the different types of food we should give each animal and what not to give them. We learned what to look for when they are sick and how to tell. I also learned how to tell if the animal is sick by looking at their feces. We talked about, when you first get the animal, what vaccinations they already have and what vaccinations they will need.

I learned that the animals need clean, fresh water, quality feed, and we need to monitor their health, and to have a plan for health challenges. We learned that they need exercise, mental stimulation, stamina, muscles, and we need to bond with them. We learned that we need to worm them every thirty days.

After they explained the main facts about all livestock, we broke off into separate groups. One for steer, one for swine, one sheep, and one goat. I don't have any experience about what happened in the other groups because I am raising a goat. In the goat group, we learned how to groom a goat. We learned what types of glue to use, what colors depending on the color of the goat, which direction to comb it, and how to make a clean cut. We learned about rinsing legs everyday and washing the goat about 2 weeks from fair. We were also told to practice grooming the goat once a month.

When we were in the goat group, we rotated to other sections of the group. By this time, I had rotated to the section that showed us how to show a goat for fair. We were told that halters are usually best when showing a goat and how to brace them. We learned that we should give them about three weeks to get used to the halter. We learned that we should walk them a lot and bond with them so they cooperate during fair.

The final section we learned about proper healthcare. We learned how they usually have a temperature of 101-105 °F. We were told to weigh them once every two weeks. We learned how to use a syringe and the proper medications for certain illnesses. We learned to give the goat grass hay if it is bloated and that it is important to trim the hooves. We learned how to clip their ears and to not give them any medication within twenty-one days from fair. We learned that if the goat has a shiny, thick coat then that means the goat is healthy.

By then, the rest of the groups started coming back in and that concludes the Chico Livestock Education Day.



# Shooting Sports

## 2023 State 4-H Shooting Sports Match

*Hosted by Siskiyou County 4-H*

Register before March 15, 2023

[2023 State 4-H Shooting Sports Match Registration Packet \(PDF\)](#)

All registration forms must be sent to the UCCE office of the county in which each participating 4-H club resides. All entrants must be verified as current 4-H members or Adult volunteers by the UCCE 4-H staff.

On or before the **postmark date of March 15, 2023**, the UCCE 4-H office personnel shall send the registration forms and payment to the Siskiyou County Leaders Council, 1655 South Main Street, Yreka, CA 96097.

Please see the registration packet for complete details.

### Payment

Clubs can pay with 4-H club checks directly to the contest or payments can be made by County 4-H Councils/VMO's. Personal checks will not be accepted.

### Rules

All participants and leaders must be read and comply with the 2023 Shooting Sports Match Rules for the competition. Complete rules are included in the registration packet above.

### Questions

Please contact Russell Hill at [rdhill@ucanr.edu](mailto:rdhill@ucanr.edu) or Nate Caeton at [nwcaeton@ucanr.edu](mailto:nwcaeton@ucanr.edu).



**4-H Shooting Sports**  
*Learn by Doing*

# Valley Favorite Foods Day 2023

## Favorite Foods Day

by Tessa Walker, Foothill 4-H



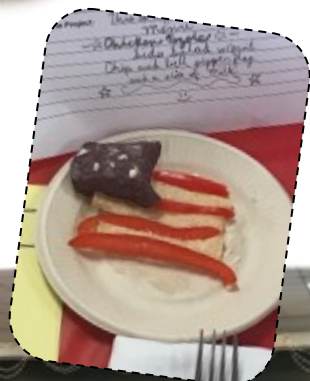
On Saturday, January 14th, Shasta County held the annual Favorite Foods Day, at Millville's IOOF Hall. The county's 4-H members were able to participate in creating their favorite dish, with different courses, ranging from dinner to dessert. They were also able to use this event as a fair qualifier by cooking their market animal's species in a dish.



In addition to cooking and preparing an entry, we had fun with the presentation and table settings. The theme this year was Patriotic (stars & stripes). I went with a good old-fashioned pulled pork sandwich picnic with coleslaw. The 4-Her next to me had amazing lamb street tacos.



For the judging portion, they used the Danish method of judging with blue, red, and white ribbons. The top placing dishes in each category and age group received a pin to wear on their 4-H hat. At the end of the Awards Ceremony, they gave out the first Spirit Award to the club with the most participating members. This first award went to Westside 4H.



Overall, Favorite Foods Day was a fun event and the weather was perfect to be inside with our "favorite foods" on a cold, blustery, winter day.





# Valley Favorite Food Day





# 2023 Valley Favorite Foods Day Results



## Primary

Abigail Babcock	Westside	Krosby Myers	Palo Cedro
Kaitlyn Cadorin	Westside	Hoyt Owens	Westside
Caylee Fisher	Twin Palms	Audrey Page	Palo Cedro
Jhett Garcia	Golden Acres	Joseph Page	Palo Cedro
Katherine Harder	Palo Cedro	Penelope Stemple	Westside
Jase Hollister	Palo Cedro	Arraya Webb	Palo Cedro
Kaitlyn Jones	Twin Palms	Aiden Wooten	Golden Acres

## Appetizer

Lindsey Hammon	Golden Acres	Senior	Medal
Ryah Kellogg	Swede Creek	Intermediate	Medal
Cole Matthews	Palo Cedro	Junior	Blue
Grant Spoon	Golden Acres	Junior	Medal

## Dairy

Charlotte Evans	Westside	Intermediate	Red
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## Bread

Ellie Matthews	Palo Cedro	Intermediate	Blue
Leilani Jones	Twin Palms	Junior	Medal
Joaquin Murillo-Romo	Golden Acres	Intermediate	Blue
Samantha Stemple	Westside	Junior	Blue
Hanna Stricklin	Westside	Intermediate	Medal

## Decorated Cake

Airyonna Brader	Golden Acres	Intermediate	Medal
Alexis Cohn	Foothill	Junior	Blue
Xara Myers	Palo Cedro	Intermediate	Blue
Azalia Myers	Palo Cedro	Junior	Medal
Addison Orso	Cow Creek	Junior	Red
Katelyn Page	Palo Cedro	Junior	Blue

## Food Preservation

Maggie Rohrer	Cottonwood	Intermediate	Medal
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## Main Dish

Mikayla Gallant	Cow Creek	Intermediate	Medal
Madison Hamilton	West Valley	Intermediate	Blue
Beau Hollister	Palo Cedro	Intermediate	Blue
Dakota Kalbaugh	Foothill	Junior	Medal
Joaquin Murillo-Romo	Golden Acres	Intermediate	Blue
Hanna Stricklin	Westside	Intermediate	Blue

# Valley Favorite Foods Day Results

## Dessert

Alice Cohn	Foothill	Junior	Blue
Natalie Fernandez	West Valley	Intermediate	Medal
Conner Fisher	Twin Palms	Junior	Medal
Brooklyn Gallant	Cow Creek	Junior	Blue
Averie Hamann	Golden Acres	Intermediate	Blue
Lila Hammon	Golden Acres	Senior	Blue
Lindsey Hammon	Golden Acres	Senior	Blue
Dale Harder	Palo Cedro	Intermediate	Blue
Wyatt Hollister	Palo Cedro	Senior	Blue
Colton Jones	Golden Acres	Senior	White
Chloe Orso	Cow Creek	Junior	Blue
Travis Owens	Westside	Intermediate	Blue
David Page	Palo Cedro	Intermediate	Blue
Eastyn Rickman	Golden Acres	Intermediate	Blue
Iris Severne	Palo Cedro	Senior	Medal
Annabelle Stemple	Westside	Intermediate	Blue



## Salad

Mikayla Daisley   Palo Cedro   Intermediate   Medal



## Market Animal

Carli Antillon	Foothill	Intermediate	Blue
Colton Antillon	Foothill	Intermediate	Medal
Olive Benninghoven	Foothill	Senior	Blue
Tanner Boyer	Westside	Junior	Blue
Airyonna Brader	Golden Acres	Intermediate	Blue
Riley Brader	Golden Acres	Intermediate	Blue
Anthony Fernandez	West Valley	Intermediate	Blue
Sydney Frost	Golden Acres	Intermediate	Blue
Lila Hammon	Golden Acres	Senior	Blue
Blake Ledbetter	Westside	Senior	Blue
Keller Ledbetter	West Valley	Intermediate	Blue
Wyatt Lovell	Happy Valley	Senior	Red
Giuliana Ratto	Palo Cedro	Intermediate	Blue
Kenzie Ratto	Palo Cedro	Junior	Medal
Maggie Rohrer	Cottonwood	Intermediate	Blue
Sadie Sanchez	West Valley	Intermediate	Blue
Iris Severne	Palo Cedro	Senior	Blue
Owen Severne	Palo Cedro	Senior	Blue
Tessa Walker	Foothill	Senior	Medal



# Valley Favorite Foods Day 2023

## Favorite Foods Day Judges



Peggy Avila  
 Greg Babcock  
 Dan Billeci  
 Joanna Brown  
 Kori Cadorin  
 Mitch Carlson  
 Carla Carvajal  
 Lauren Cochran  
 Thomas Cochran  
 Alicia Dahler  
 Jerry Fernandez  
 Walter Hershberger

Sherry Jones  
 Troy Jones  
 Irene Ledbetter  
 Tara Ledbetter  
 Heather Lowe  
 Steve Lowe  
 Kaitlin Lyford  
 Teala Magee  
 Dan Mayne  
 Heather Orso  
 Jeff Owens  
 Miranda Owens

Shanna Prosch  
 Cara Rickman  
 Debra Sousa  
 Johanna Sutton  
 Sue Tatosian  
 Tonia Trisdale  
 Corrinna Truby  
 Loretta Walimaki  
 Alyssa Webb  
 Kelsey Wist  
 J T Zulliger  
 Katy Zulliger



Primary



Junior



Intermediate



Senior



## Community Service

by: David Paul LaBarbera, Golden Acres Reporter



On December 7, 2022, the Golden Acres 4-H Club met at Prairie School. There we had a short meeting, and afterward, we had a party with food and games. The members were also asked to donate canned food, ornaments, and toys to a family in need. This family lives in the Prairie School district. These donations help a family in need and it also counts as community service in members' record books. It was a great time.



# Equine Showmanship Clinic and Playday Horse Show

March 19th, 2023

21085 Ramblewood Ln., Redding, CA

**Showmanship Clinic - 4-H members only**

9:30-10:30

**Youth Open Playday - Age 9 and above**

**\*helmets required\***

10:30-end

**Classes:** Western and English Equitation,  
Showmanship, Halter, Pattern Class, and Hurry  
Scurry

**Clinic- \$15**

**Show - \$5 per class**

**\$25 for all Classes**

**\$35 for Show and Clinic**

Snacks and lunch available for purchase  
All proceeds benefit Westside 4-H horse program



**WESTSIDE 4-H**



**WESTSIDE 4-H**

# California 4-H Events

## State Field Day

If you're looking forward to State Field Day, mark your calendars for Saturday, May 27th, 2023!

State Field Day will take place at UC Davis this spring and will feature traditional contests like State Presentation Day and State Fashion Revue. We are also working behind the scenes to add at least one new contest that will qualify top participants to attend a national event.

We look forward to sharing more information in the upcoming weeks.

If you have any questions about State Field Day or qualifying events, please email [4hsfd@ucanr.edu](mailto:4hsfd@ucanr.edu).



## 4-H STEM @ State 4-H Field Day May 27, 2023 at UC Davis

Registration open soon!



### STEM Shark Tank

Pitch a solution to a global issue to a panel of potential investors.



### Robotics Competition & Exhibition

Teams showcase their VEX IQ robot and compete in the VEX IQ 2023 competition.



# California 4-H Events

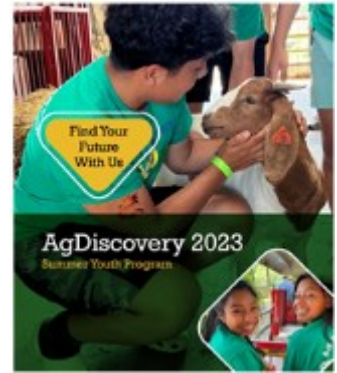
## For Teens: AgDiscovery Summer Camp

CSU Fresno, June 4-14, 2023

[Applications due March 31, 2023](#)

No cost

AgDiscovery is a summer camp outreach program designed to help high school aged students learn about career opportunities in a broad range of fields: animal and veterinary services, plant health and production, food safety and processing, and the overarching business skills needed to move agriculture from farm to fork. You will be introduced to the university's 1,000-acre diversified farm and food processing facilities before being immersed in real-world experiences.



## Science Festivals

### San Francisco North Bay Science Discovery Day

Saturday, March 11, 2023

10:00am - 4:00pm

Sonoma County Fairgrounds, Santa Rosa

Free admission | Free parking

Children, teenagers, and families are invited to attend the FREE science festival to spark wonder and curiosity about science, technology, engineering, and mathematics.



### Tri-Valley Innovation Fair

Saturday, April 15, 2023, 10-5 pm

Alameda County Fairgrounds, Pleasanton, CA

Connects everyone to the excitement of science, engineering, and technology by showcasing the region's rich and diverse accomplishments, and learning opportunities.

# Harvest of the Month



Network for a Healthy California

The *Harvest of the Month* featured vegetable is **broccoli**



## Health and Learning Success Go Hand-in-Hand

Children who eat school meals are more likely to eat the recommended amount of fruits and vegetables every day than those who do not. Eating the recommended amount every day can help your child stay healthy and learn better in school. *Harvest of the Month* helps your family explore, taste, and learn about the importance of eating more fruits and vegetables and being active every day.

## Healthy Serving Ideas

- Dice and toss raw broccoli in a salad.
- Pour lemon juice or sprinkle lowfat parmesan cheese over steamed broccoli to add and vary flavor.
- For a healthy snack, chop raw broccoli into pieces and serve with a fat free vegetable dip.
- Add broccoli and other vegetables to soups, pastas, omelets, and casseroles.
- Take your child to the grocery store. Ask your child to help you pick out fruits and vegetables for meals and snacks.
- Pack dried fruit or pre-cut fruits or vegetables in your child's lunch.

## Produce Tips

- Look for broccoli with a firm stem and tight, compact florets that are dark green.
- Store broccoli in an open plastic bag in the refrigerator for up to five days.
- Rinse (don't soak) broccoli under cool water just before serving.
- Cook broccoli by steaming, microwaving, or stir-frying. Boiling causes some of the vitamins and minerals to be lost.

## ZESTY ASIAN CHICKEN SALAD

**Makes 4 servings. 1 cup per serving.**  
**Prep time:** 20 minutes

### Ingredients:

- 3 boneless, skinless chicken breasts, cooked and chilled
  - 3 green onions, sliced
  - 1½ cups small broccoli florets
  - 2 medium carrots, peeled and cut into strips
  - 1 red bell pepper, cut into strips
  - 2 cups shredded cabbage
  - ½ cup fat free Asian or sesame seed salad dressing
  - ¼ cup 100% orange juice
  - ¼ cup chopped fresh cilantro
1. Cut chicken breasts into small strips. Place in a medium bowl with onions, broccoli, carrots, bell peppers, and cabbage.
  2. In a small bowl, stir together dressing and juice. Pour over salad and toss well to coat.
  3. Stir in cilantro. Serve chilled or at room temperature.

*Nutrition information per serving:*  
Calories 184, Carbohydrate 13 g, Dietary Fiber 4 g, Protein 22 g, Total Fat 5 g, Saturated Fat 1 g, Trans Fat 0 g, Cholesterol 55 mg, Sodium 456 mg

Adapted from: *Everyday Healthy Meals*, Network for a Healthy California, 2007.

## Let's Get Physical!

- Get at least 60 minutes of physical activity every day to help keep your heart healthy.
- Start a weekly walking routine with your child, neighbors, and child's friends.
- During TV commercials, have a push-up or sit-up contest with your child.

To track your physical activity, visit:

**[www.mypyramidtracker.gov](http://www.mypyramidtracker.gov)**

## Nutrition Facts

Serving Size: ½ cup fresh broccoli, chopped (44g)	
Calories 15	Calories from Fat 0
% Daily Value	
Total Fat 0g	0%
Saturated Fat 0g	0%
Trans Fat 0g	
Cholesterol 0mg	0%
Sodium 21mg	1%
Total Carbohydrate 3g	1%
Dietary Fiber 1g	4%
Sugars 1g	
Protein 1g	
Vitamin A 5%	Calcium 2%
Vitamin C 65%	Iron 2%

## How Much Do I Need?

- A ½ cup of broccoli is about the size of one cupped handful.
- A ½ cup of cooked broccoli is an excellent source of vitamin A, vitamin C, vitamin K, and folate.
- Folate is a water-soluble vitamin that helps make healthy red blood cells in your body. It may also help to protect against heart disease.
- Pregnant women need folate in their diets to help prevent some forms of birth defects.
- Folate comes from leafy vegetables like spinach and broccoli, some fruits (oranges), dry beans, and liver. Look for whole-grain breads and cereals fortified with folate (folic acid).

The amount of fruits and vegetables you need depends on your age, gender, and physical activity level. It is important to eat a variety of colorful fruits and vegetables every day to get all the nutrients your body needs. Find out how much each person in your family needs.

## Recommended Daily Amount of Fruits and Vegetables\*

	Kids, Ages 5-12	Teens and Adults, Ages 13 and up
<b>Males</b>	2½ - 5 cups per day	4½ - 6½ cups per day
<b>Females</b>	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](http://www.mypyramid.gov) to learn more.

# February Birthdays

2/1 Paisley L.  
2/1 Donovan B.  
2/1 Nathan B.  
2/1 Alexis T.  
2/1 Brooklyn D.  
2/1 Lynette P.  
2/2 Emma V.  
2/2 Peyton M.  
2/2 Kendra P.  
2/2 Megan S.  
2/3 Charlie Rose M.  
2/3 Averie H.  
2/3 Micaela T.  
2/3 Madison M.  
2/4 Dixie G.  
2/5 Catherine W.  
2/5 Wyatt D.  
2/5 Te'a M.  
2/6 Brynna B.  
2/6 August W.  
2/6 Hailey W.  
2/7 Easton W.  
2/7 Braden E.  
2/7 Jeanne N.  
2/8 Katie H.  
2/9 Tonia T.  
2/10 Monet D.  
2/10 Olive B.  
2/11 Jill T.  
2/13 Madeleine S.  
2/13 Alexis H.  
2/13 Zander Y.  
2/14 Easton V.  
2/14 Stephanie S.  
2/14 Kathrine C.



2/16 Kalynn C.  
2/16 Natalie F.  
2/16 Addison J.  
2/16 Konnor C.  
2/16 Taylor C.  
2/17 Beau H.  
2/17 Lexie H.  
2/17 Dana L.  
2/18 Stella T.  
2/18 Ryah K.  
2/18 Joseph B.  
2/19 Ulisses A.  
2/20 Kinley B.  
2/20 Kayden H.  
2/20 Lucas D.  
2/20 Cade H.  
2/21 Caylee F.  
2/21 Charlotte L.  
2/21 Shelley C.  
2/22 Johnny S.  
2/22 Lindsay B.  
2/24 Crosby M.  
2/24 Avery T.  
2/25 Landon R.  
2/25 Donna B.  
2/28 Lyla B.  
2/28 Conner M.  
2/28 Ryan S.  
2/28 Jeanie M.

