April 2014

**EVENT/DEADLINE**  
**INFO**  
1. Council Meeting  
   CANCELLED  
   Page 2  
3-5. 4-H Fair @ Kings Fairgrounds  
11. Emerald Star Exit Applications DUE to UCCE Office  
12. Countywide Dog Care Meeting 2 pm @ Kings Fairgrounds  
15. Purple Up for Military Kids Day  
18. Sectional Presentation Day Entries DUE to UCCE Office  
18. Fashion Revue Entries & Program Cover Designs DUE to UCCE Office  
18. California 4-H Uniform Contest Proposals Due  
21. 4-H Camp Registration due to the UCCE Office in Tulare County  
22. Emerald Star Exit Interviews 6 pm @ UCCE Office  
24. Countywide Rabbit Meeting 6:30 pm @ UCCE Office Multi Purpose Room  
25. All Star Candidate Applications DUE to UCCE Office  
26. Sectional Presentation Day @ Hanford West High School  
26. Countywide Dog Meeting 2-4 pm @ Kings Fairgrounds  
27. Shooting Sports Rifle Match 8 am @ Lemoore Sportsman's Club  
29. Countywide Thrive Project Meeting 6:30 pm @ UCCE Office  

**Also in this edition.....**  
2. Council News  
2. 4-H Fair  
2. Sectional Presentation Day  
3. 4-H Fashion Revue  
3. ORB Survey Awards  
3. Leaders Recognition Dinner  
4. 4-H Rifle Match  
4. CA & WA Focus  
4. Emerald Star Projects  
4. 4-H Madness  
5. Kings County Homecoming  
5. 4-H Military Partnership  
5. Dairy Princess Contest  
5. Barnyard Olympics  
6. State Field Day  
6. State Fashion Revue  
6. Golden Clover Award  
6. Uniform Contest  
6. State Leadership Conference  
7. Shooting Sports Workshops  
7. National Volunteer Week  
8. Club News  
8. UCCE Contact Information  
9. Insert – Healthy Living Tips  

---

**UC Cooperative Extension Celebrates 100 Years!**

To celebrate this special occasion, on **May 8th**, the UC ANR is inviting you to join in a one-day science project. Take a walk, visit a park or enjoy the beauty of a garden. Paint a picture of California’s Food and water resources by marking your responses on the online GIS maps at [http://beascientist.ucanr.edu](http://beascientist.ucanr.edu)

- **How many pollinators do you see outside in a 3-minute time period?**  
  Bees, wasps, flies, butterflies, moths, beetles, birds and bats help plants reproduce. By marking the California map, we can get a better idea of where pollinators are—and are not—across the state.

- **Where is food grown in your community?**  
  Nearly every community in California contributes in some way to food production, from large farms to backyard gardens. By marking the California food map, we can get a better idea of where food is produced across the state.

- **How do you conserve water?**  
  With each passing day, the availability of clean water is diminishing. Your data will help create a clearer picture of what water conversation practices are used across the state of California.

---

The University of California Division of Agriculture and Natural Resources (ANR) prohibits discrimination or harassment of any person in any of its programs or activities. Complete nondiscrimination policy statement can be found at [http://ucanr.org/sites/anrstaff/files/107734.doc](http://ucanr.org/sites/anrstaff/files/107734.doc). Inquiries regarding ANR’s equal employment opportunity policies may be directed to Linda Marie Manton, Affirmative Action Contact, University of California, Davis, Agriculture and Natural Resources, One Shields Avenue, Davis, CA 95616, (530) 752-0495.
Council News

The April 4-H Council meeting has been CANCELLED due to the 4-H Fair. Grangeville 4-H will decorate the UCCE Office window display. The next Council Meeting will be held on Tuesday, May 6th at 7:00 PM at the UCCE Multi-purpose Room. Plan to attend!

Kings County 4-H Fair News

April 3rd—Indoor Exhibits Judged
April 4th-5th—Livestock Shows

Kings Fairgrounds

The purpose of the 4-H Fair is to provide a learning environment where participants have an opportunity to practice what they have learned in their project meetings and to receive helpful comments to improve their projects before they are entered in the Kings Fair. With animal projects, it also benefits the animals as they learn to load with ease and grow accustomed to the noises and atmosphere of a fair environment.

**Indoor Exhibits:**

Thursday, April 3rd
12 noon Grape Room will be open for club table set-up
3:30-6:30 pm Judging of Indoor Entries, Grape Room

Friday, April 4th
4:00-7:00 pm Viewing of Indoor Exhibits
7:00-8:00 pm Early Release of Indoor Exhibits

Saturday, April 5th
10:00 am-12 pm Late Release of Indoor Exhibits

**Livestock Exhibits:**

Friday, April 4th: Poultry, Rabbit & Cavy, Goats & Beef Show
Dairy Replacement & Dairy Yearling Inspection
Beef, Meat Goat, Sheep & Swine weigh-in

Saturday, April 5th: Dairy, Swine and Sheep Show
Large and Small Animal Round Robin
Awards Assembly

**Parents and leaders:** Please be very respectful of all exhibitors and refrain from ringside coaching. This is very distracting to exhibitors and draws their attention away from the judge.

A Food Booth will be available on site sponsored by CA & WA Focus groups. Click on this link for a complete Fair Schedule.

**Road repairs are currently in progress on 10th Avenue. Livestock should enter through the Hanford-Armona Road gate only.**

Sectional Presentation Day—Your Help is Needed!

Saturday, April 26, 2014
Check in 8:30 am
Hanford West High School
Register on line by April 18, 2014

Those members who received a Gold Medal or Gold Seal at County Presentation Day are eligible to present at Sectional Presentation Day. You must register online at: http://ucanr.edu/survey/survey.cfm?surveynumber=12294

**Box lunches may be preordered—for more information** http://ucanr.edu/survey/survey.cfm?surveynumber=12735

**Judges are Needed!**

Adults are needed to serve as judges for Sectional Presentation Day. Do you know of anyone willing to serve as a judge? If so, please encourage them to sign up at http://ucanr.edu/survey/survey.cfm?surveynumber=12269

A Judges Orientation will begin at 8:30 AM. Once you register, a judge’s packet will be sent to you. The day should wrap up by 2 PM.
KING COUNTY 4-H FASHION REVUE

THEME: SPLASH OF FASHION

Saturday, May 10, 2014

Judging ~ 9 am ~ UCCE Office
Fashion Show ~ 4:30 pm ~ The Remington, Hanford

Categories:
- Traditional
- Upcycled
- Denim Challenge
- Apron Challenge
- $40 Purchased
- $100 Purchased (not eligible for State Fashion Revue)

Service Learning Projects:
Kings County—Tissue holders (see website for instructions)
State—Drawstring bags for foster children and walker/wheelchair bags for seniors. Patterns are on the State 4-H website: http://4h.ucanr.edu/Programs/Events/SFD/SFR/

For more information on entries deadlines and category descriptions click below:

Fashion Revue

Program Cover Design: Members are encouraged to submit a design for the program cover using the theme “SPLASH OF FASHION”. Cover size is 5 1/2 x 8 1/2. Cover designs are due to the UCCE Office by April 18th.

Something NEW is happening at the King County 4-H Fashion Revue this year........Robin Sando, the California "Make It With Wool" director is donating a piece of wool fabric to the best overall wool outfit at the Kings County Fashion Revue. The state “Make It With Wool” contest will be held November 8, 2014 in San Jose. Please visit http://makeitwithwool.com/statecontacts.html for more information about this contest.

ORB SURVEY AWARDS

Congratulations to Kayla McCalvy from the Grangeville 4-H Club! She won a gift card as an incentive for completing a survey in the Online Record Book. All youth who complete the required Spark Score Questions in ORB are eligible. So make sure to log on and complete your surveys!

Kings County Leaders & Sponsors Recognition Dinner

Thursday, May 15, 2014
7:00 PM

Belle Bogan Building, Kings County Fairgrounds

4-H Leaders—Free
Members & Guests—$6.00

Reservation deadline is Friday, May 9, 2014
Reservations can be made online or call the UCCE Office—852-2730

All 4-H families are invited to attend the Leaders & Sponsors Recognition Dinner. The dinner will honor Kings County 4-H Leaders and Sponsors. The 2014-15 All Star Candidates will be announced.

Food Items
Grangeville: Dessert
Guernsey: Green Beans & Rice
Kings Future Promise: Rolls & Butter

Non-Food Items
Kings Harvest: Meat
Kings River: Salsa
Lemoore: Salad & Dressing

Island: Paper Products
Guernsey: Set-Up & Kitchen Clean-up
Oakvale: Decorations & Table Cloths

The help of all 4-H Clubs makes this event a success. Each club will need to send a 4-H member to assist with serving and all clubs are needed to help with clean-up.

Please plan to attend!
4-H Fair Rifle Match

Sunday, April 27, 2014
Check-in: 8 AM
Lemoore Sportsman’s Club
23310 Elgin Ave., Lemoore

Match Rules
Registration Form

You must pre-register by emailing the registration form to Margaret Wilhelm, Tournament Coordinator at vb9mom@hotmail.com.

CA Focus & WA Focus

Calling all members with an interest in attending California Focus or Washington Focus in the Summer of 2015 or 2016. A committee is being formed to raise funds for members interested in attending one or both of these educational conferences. The first fundraising event will be the food booth at the 4-H Fair on April 4th & 5th. As these trips can be costly, this is a great opportunity to earn money to go on one of these trips.

If you are interested, please contact Michelle White at mwhite2465@sbcglobal.net or 381-2975.

To learn more about California and Washington Focus Conference opportunities, visit http://4h.ucanr.edu/Projects/Citizenship/Focus/.

EMERALD STAR PROJECTS

E-Waste Recycling Days

April 3rd & 4th    4 pm to 6 pm
April 5th    8 am to 12 noon
Kings Fairgrounds by the Swine Barn

Adam Daniel from Kings Harvest 4-H will be collecting computers, phones, T.V.s, etc. during the Kings County 4-H Fair. This is the perfect time to get rid of the old equipment stored in your garage. Bring your E-waste to the 4-H Fair and look for Adam and his trailer by the Swine Barn.

For more information contact: sdaniel@thezenith.com.

Keys for Kids

Do you have any old keys that you do not know what to do with?

Donate your old keys and they will convert them into scrap metal with the proceeds to benefit the Audiology Department at Children’s Hospital of Central California. Keys may be dropped off at Kings County UCCE Office or at the 4-H Fair.

For more information please contact: Mara Lewis at mgmklewis@gmail.com or William Pepe at rpepevo@yahoo.com

4-H Madness Fun!

Evening of Saturday, September 13, 2104
Kings Fairgrounds

Plan to attend and/or participate in the second “4-H Madness” Event! This special evening is designed for families interested in learning more about 4-H with the possible intent of joining and for 4-H families that want to learn more about projects available in 4-H, and to have FUN!

For members and leaders that wish to share their 4-H projects and activities with others, opportunities will be available. More information will be available soon!
**Kings County Homecoming**

*May 17, 2014*

Plans are currently being made for a truly countywide celebration of the pioneer spirit.

How your club can get involved?

- Enter the Parade
- Participate in the Festivities-have a concession type booth- food, crafts.
- Provide an Information/Community Booth
- Sponsor a free activity in the park.

For more information click on the link: http://www.kingscountyhomecoming.org/index.html

---

**4-H Military Partnership**

April marks the nation’s “Month of the Military Child,” a time to honor our community youth impacted by deployment. In celebration, you are invited to join us in showing your support by being part of Purple Up for Military Kids Day. You are encouraged to wear something purple on **Friday, April 15, 2014**. This will be a visible way to show support and thank military children for their strength and sacrifices. Purple is the color that symbolizes all branches of the military, as it is the combination of Army green, Coast Guard blue, Air Force blue, Marine red and Navy blue.

---

**Kings County District 7 Dairy Princess Contest**

Young women in Kings County are encouraged to enter the Kings County District 7 Dairy Princess Contest. They must be at least a junior or senior in high school, but not over the age of 21.

The California Dairy Princess Program has been in effect for many years as part of the California Milk Advisory Board’s (CMAB) communications effort. This program provides an opportunity for young women to represent the dairy industry in their district and across the state.

Applications must be completed online at: http://www.realcaliforniamilk.com/about/dairy-princesses/

For more information contact: Carolina@evangelocommunications.com

---

**2014 Barnyard Olympics**

*Sunday, April 27, 2014*

11:00 AM

California Antique Farm Equipment Show

International Agri-Center, Tulare, CA

Teams will participate in a steer dummy roping, straw bale race, wheelbarrow race, gunny sack race, hammering nail race, pedal tractor race, horseshoe toss, water brigade, farmer scramble and worm harvest. The top three winning teams will be recognized.

- Teams will consist of 3 children and one adult (16 & older).
- Each team must create a team name.
- Team shirts are encouraged (must be “G” rated).
- The more team spirit, the more points you receive.
- Every team must arrive at the Barnyard track by 10:30 am on April 27.
- All teams must participate in each event.
- Instruction will be given on the day of the event.

Registration fee is $10.00 per team. After April 21: $15.00 per team.

Entry form available at: http://www.antiquefarmshow.org/
State 4-H Field Day
Saturday May 31, 2014
UC Davis Campus

The State 4-H Field Day takes place annually on the UC Davis campus from 8:00 am until 6:00 pm. The event is open to all 4-H members, volunteers, staff, and parents. Between 1,000 and 1,400 people attend the event. The event has a "picnic" feel as people bring chairs and socialize for the day on the Wellman Hall east lawn. The State 4-H Office provides coordination and facility support. Each contest and activity is coordinated by a group of 4-H staff, volunteers, and youth. During the event, 4-H members may participate in a variety of contests. Some contests require pre-qualification and/or pre-registration. Some are open to all during the event.

Events scheduled include State Presentation Day, Fashion Revue, 4-H My Plate Challenge as well as educational exhibits and county centennial banner display. For more information visit the state website.

State Fashion Revue
May 31, 2014
UC DAVIS Campus - Olson Hall
Registration closes May 17, 2014

Complete information on State Fashion Revue can be found at http://4h.ucanr.edu/Programs/Events/SFD/SFR/

Judges are needed for State Fashion Revue. Each county must send one judge per five entries. Those interested can register at http://ucanr.edu/sfr2014judges.

Golden Clover Award

The Golden Clover Awards recognize outstanding achievements of members, volunteers, program staff, and groups within the 4-H Youth Development Program. Golden Clover Award winners will be awarded a $500 cash award, a medallion and lapel pin (group recipients will be awarded lapel pins for every group member and one medallion per group). Award winners will be recognized on the State 4-H website and announced at the 4-H State Leadership Conference.

Applications must be completed online by May 1, 2014. The link is available on the 4-H state website at: http://www.ca4h.org/Resources/Members/GoldenClover/

California 4-H Uniform Contest
Proposals due April 18, 2104

Now is your chance to have a voice in making changes to the 4-H Uniform! You may wish to change the color of the pants required for showing OR you may wish to submit a whole new idea! The State Incentives and Recognition Advisory Committee is facilitating the process to adopt a new uniform. Entries must be submitted electronically by April 18th. Voting will begin at the State Field Day on May 31st and will end June 15th at 9 pm. Voting will be by survey in the 4-H Online Record Book (ORB).

Submit your idea today! http://ucanr.edu/survey/survey.cfm?surveynumber=12195

4-H State Leadership Conference
August 14-17, 2014 at UC Santa Cruz
“Raiders of the Lost Leadership”

The 2013-2014 State Ambassadors are looking for youth and adults to provide meaningful, engaging and relevant educational experiences for the 2014 State Leadership Conference. For details and online proposal applications visit: http://www.ca4h.org/Programs/Conferences/SLC/. Proposals are due April 11th.

Financial aid applications will be available the first part of April on the State 4-H website. Consider applying for a scholarship to make the conference more affordable!
Shooting Sports Workshops

The following Shooting Sports Workshops has been scheduled for adults and junior or teen leaders who would like to be certified to lead a Shooting Sports project. More information on the workshops can be found on the State 4-H website at: http://4h.ucanr.edu/Projects/SET/ShootingSports/

**Rifle Discipline**
April 26, 2014  8:30 am-5 pm  Watsonville, CA
April 27, 2014  8:30 am-4 pm  Pajaro Valley Rod & Gun Club
Cost: $28.00 Instruction Binder—A CD that you print is Free
Contact Randy Turnquist at randy@randyt.com or 831-566-2590

**Pistol Discipline**
Friday, May 2, 2014   7am-7pm  Madera, CA
1 Day class  Madera County 4-H Classroom  328 S. Madera Ave.
Cost: $30.00 Instruction Binder
This is a one day-twelve hour course. This course will be held indoors using the Creedmoor portable air gun range and Crosman Silhouette 1700P PCP pistols donated by the NRA. Participants may also bring their own AIR pistols to use should they choose. Upon successful completion of the course, the participant will be certified as a volunteer and can lead a pistol project at the club level. Teen leaders are invited to attend. Eye protection will be provided, however, students may bring their own eye protection if desired. Polycarbonate prescription eye glasses are acceptable.

To register for the course or receive more information, contact Sammy Ashworth at (559) 707-0755 or email sdashworth@gmail.com Please fill out and bring the medical documents listed below.

The following forms must be completed and brought to the workshops. The training request form must be signed by county staff prior to participating in the workshop.

- Training Request Form: http://4h.ucanr.edu/files/2123.pdf
- Adult Medical Release Form: http://4h.ucanr.edu/files/20100.pdf
- Youth Medical Release Form: http://4h.ucanr.edu/files/4726.pdf

National Volunteer Week April 5th-12th

National Volunteer Week was established in 1974 to inspire, recognize, and encourage people to seek imaginative ways to engage in their communities.

The Kings County 4–H Staff would like to thank each and every one of you for what you do to help make 4-H a premier Youth Development Program.

- **Thank you** for being a Club Leader! We appreciate you stepping up to this significant leadership role and for providing structure and a place for young people to belong.
- **Thank you** for being a Project Leader and for imparting upon youth the knowledge and skills that only you have.
- **Thank you** for stepping up to be a Master Trainer and for helping to disseminate and train other volunteers in 4-H Thrive—our approach to positive youth development.
- **Thank you** for being a Council Officer and helping to plan, promote, and carry out 4-H youth development work.
- **Thank you** for serving as a Committee Member, Event/Activity Volunteer, Resource/Key Volunteer, or in another volunteer role as you help to strengthen the program and provide opportunities for youth to grow, thrive, and reach their full potential.

THANK YOU ALL FOR YOUR TIME, TREASURES, AND TALENT!
**Club News...**

**Kings Harvest 4-H**

The meeting of March 10, 2014 started off with Adam Daniel’s Emerald Star presentation, E-waste Recycling Day. This project allows for donors to bring old TVs, laptops, etc., to the Kings Fairgrounds Gate by the Swine Barn for recycling.

All of our members are very excited for the upcoming 4-H Fair! The Kings Harvest 4-H has taken over the recycled whites program, which helps others to obtain the whites portion of their uniform for a discount. Fashion Review is asking for participants to enter designs for this year’s cover. The theme is “Splash on Fashion”.

Multiple project meetings for members are coming up in March and April. First we have Welding this Sunday at 2:00 p.m., then a Shooting Sports meeting on March 23, 2014 at 9:00 a.m.. A reminder will go out to all members. There will also be a shooting sports meeting on April 6 at 9:00 a.m. to practice for the upcoming fair match on April 27, 2014. Also, on March 23, 2014, there will be an Arts and Crafts meeting at 1:00 p.m. at the JFB building. Mrs. Avila asked that all wanting to participate please R.S.V.P for the meeting.

At the end of the meeting Shyana Ward, our Healthy Living Officer, introduced to our club to a professional ballet dancer. She gave us some tips on healthy eating and exercise. A big thanks to the Dunn and Mendes family for providing the refreshments for our meeting!

Meghan Chrissakis, Reporter

**Lemoore 4-H**

The Lemoore 4-H Club met March 12, 2014. Many of the members talked about their experiences at the Western Classic Jr. Dairy Show and their crafts that they created at the Arts and Crafts meeting. They all said they had a really fun and exciting time! Hayden Lawton also talked about the All-Star project “Pack their Bag”. More project meetings were announced for this month also: Countywide Rabbit meeting, Countywide Dog meeting, OH/Poultry and the Thrive meeting. Concluding our meeting, we had a recreational activity set out for the younger kids and anyone who wanted to join. It was very fun! The next meeting will be held April 9, 2014 at Cinnamon Elementary.

Submitted by Regina and Rosemarie Czerewko, Reporters

**Oakvale 4-H**

The Oakvale 4-H Club March meeting was held on March 10, 2014. The meeting was called to order and began with the Pledge of Allegiance and the 4-H Pledge. Project meetings for Arts & Crafts, Woodworking, Sheep and Pigs were announced. Upcoming Rabbit County Projects were also announced. Ashley Olson and Tara Fry both gave their presentations for the club. All those who participated in Presentation Day, Place Setting, Favorite Foods and Healthy Living presented on their experience. 4-H Fair Booklets were handed out and students were encouraged to participate with their projects. Reminders were given for 4-H Fair livestock entries and Sectional Presentation Day. County Fashion Review on May 10th was also announced. Thank you to the Fry Family for providing snacks. The next club meeting will be held on March 14, 2014.

Submitted by Shawn Dorrough, Reporter

---

**University of California Cooperative Extension Kings County**

**4-H Contacts**

Georgene Diener 4-H Program Representative (50% time) 852-2743 gldiener@ucanr.edu

Terrie Evangelo 4-H Support Staff (full time) 852-2731 tlevangelo@ucanr.edu

Connie Egger UCCE Office Manager (full time) 852-2730 Connie.Egger@co.kings.ca.us

UCCE Office is open Monday-Friday from 8 AM to 12:00 PM and 1:00 PM to 5:00 PM. Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
Healthy Living Tips

Easter is on its way! Along with Peter Cottontail, you and your kids will encounter more than your share of sugar-packed jellybeans, malted milk balls, cream-filled chocolate eggs and life-size chocolate bunnies. The common Easter basket is filled to the brim with pastel-colored candy eggs, bunnies, lambs and more, but while celebrating with sweets is fine in moderation, eating a pound of chocolate eggs in a matter of days doesn't fall under that definition.

This year, why not load your baskets and office candy jars with some alternative treats? Teach your children, grandkids, friends and co-workers that you can enjoy this spring holiday, basket and all, without over-indulging in sugar. And when you do choose to treat yourself, be conscious of your choices. Instead of eating on a whim from a bottomless basket, plan your treats each day and track your calories. Don't throw away your wrappers when you're finished; keeping them in sight will become a visual reminder of how much you've already eaten, and you'll be less likely to keep reaching into that basket without thinking first.

Here are some more ideas that will inspire you to think outside the basket and still have fun this Easter!

**Egg-xactly!**
Those hard-boiled, decorated Easter eggs are a healthful addition to any basket. Don't let all that lean, filling protein go to waste! Peel and eat your dyed eggs plain, with or without the yolk. Consider slicing them onto a salad, including them in a wrap or pita, or making them into egg salad with light mayonnaise for a tasty springtime sandwich.

Plastic eggs are a great way to add a celebratory twist to your basket, but be careful how you stuff them. Tuck sugar-free gum, small boxes of raisins, or miniature packets of peanuts into the colorful eggs for a healthy twist. For kids, fill the eggs with age-appropriate prizes, such as beaded jewelry, lip balm, small toys or other fun tokens. Coins and small bills make for exciting treasure as well!

**Beyond Bunny Carrots**
For a festive look, pack orange crackers (like cheddar Goldfish made with whole grains) or dried apricots into a triangle pastry bag. Tie some green ribbon or raffia to the top and you have a healthy carrot-shaped goodie. You can even take a black permanent marker and draw a carrot onto the outside of the plastic bag to create a more distinguished look.

Create cute and tasty carrot-shaped homemade granola bars (see recipe below) by baking your recipe in a pan and then cutting your masterpiece into lengthy triangles. Wrap them in baggies to pop into baskets. You can even add a few drops of orange food dye to make your "carrots" more colorful! Vegetables aren't the only thing your little bunnies should be eating this Easter! Dried fruit is a great way to meet your daily fruit quota. For ease, purchase it at the store, but be sure to read ingredients labels and avoid items with added sugar. You can also use a dehydrator at home to make your own dried fruit. Try apricots, mangos, apples, banana slices, cherries, and pear slices. When you dry your fruit at home, you don't have to add any sugar and it tastes great! It can also be a fun project for kids to do with you.

**Hop to Health**
Who says an Easter basket should only contain edible surprises? You can include creative items that promote movement and aerobic activity, too. A jump rope packs easily into a grass-filled basket and can be used year-round. Hop to heart health with this great calorie burning, muscle-building, and fun activity. Get a rope long enough and three or four people can partake, double-dutch style.

Rev up a game of hopscotch outside by packing a box of sidewalk chalk into your child's basket. It's a simple way to get them outside and active, and to teach them to play games without cords and controllers. Enrich their minds and bodies with this idea! In addition, don't forget about balls, which are inexpensive and can entice kids of all ages to play outdoors.

**Brain Treats**
Books are a great non-food gift for a loved one of any age. Slip the latest tween fiction series, a copy of the traditional Easter Bunny tales, or the most recent non-fiction best seller.
Healthy Living Tips (cont.)

Other ways to pop some fun into your gifts baskets are to add playing cards and a small book of card games. This addition can provide good old-fashioned family fun. Small and portable travel games are always useful, as are packets of crossword or math puzzles. Pair these gifts with sets of colored pens or pencils and it'll be a sure hit.

Reach your 10,000 Steps
Increase your activity on Easter morning and help your family reach the recommended goal of 10,000 steps a day by encouraging additional activity to help offset some of the candy and sweets you'll be eating. Hide your healthy Easter baskets in a discrete spot in the house or yard and put together a scavenger hunt to lead your kids and friends to them with multiple clues and stops. At each station, leave a physical activity assignment (have your scavengers perform jumping jacks, frog leaps, push-ups or other silly tasks) along with the clue for the next location on the hunt. Make sure to follow the group around as they search to help get your steps in, too!

Enjoy your sweet treats in moderation and get creative to include some healthier items in your celebration! Encouraging your children, friends and family members to find alternate ways to celebrate Easter that don't always involve candy can keep your traditions alive and set a positive example for health living. Happy Easter!

HOMEMADE GRANOLA BARS
This homemade alternative to store-bought granola bars, is a good source of protein, fiber and healthy fats. Tasty and so simple to make! A quarter cup of raisins (not included here) also make a yummy addition! This homemade alternative to store-bought granola bars, is a good source of protein, fiber and healthy fats. Tasty and so simple to make! A quarter cup of raisins (not included here) also make a yummy addition!

Number of Servings: 12

Ingredients
2 cups rolled oats 1 cup quick-cooking oats
1/2 tsp cinnamon 1/8 tsp salt
1/4 cup raw almonds 1-1.5 tbsp olive or canola oil
1/3 cup pure maple syrup 1/4 cup honey
1/4 cup vanilla-flavored almond milk 1/4 cup shredded coconut
Non-stick cooking spray

Directions
Preheat oven or toaster oven to 350 degrees F.

Process 2 cups rolled oats in blender or food processor until they become flour-like. Mix "oat flour" with dry ingredients (except coconut) in a bowl.

Add all wet ingredients to the dry mixture and stir until well combined.

Spray a small baking dish (about 5 inches x 12 inches, or similar) with non-stick cooking spray. Add mixture to the dish, pressing it down with a spatula. Sprinkle coconut on top.

With a knife, cut the whole sheet into 12 bars. Bake at 350 degrees for 15-20 minutes. Let cool, cut again, and store in an air-tight container for up to one week.

Number of Servings: 12
Recipe submitted by SparkPeople user COACH_NICOLE.

Provided by the University of California CalFresh Nutrition Program