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<td>LCORT Registration due to UCCE Office</td>
<td>Nov. Issue</td>
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<td>All Star Candidates Meeting @ UCCE Multi-purpose Room 7:00 PM</td>
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<td>LCORT Youth Chair applications due</td>
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<td>Countywide Shooting Sports Meeting @ Lemoore Sportsmen’s Range 9-noon</td>
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<td>Lemoore Christmas Parade</td>
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<td>Program Cover entries for State Fashion Revue due</td>
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<td>17</td>
<td>Toys due for Kings Co. Foster Kids Holiday Toy Drive</td>
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<td>Slipper Socks for Seniors due</td>
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<td>UCCE Office closes at noon and reopens on January 2nd</td>
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<td>Fashion Revue Planning Meeting @ UCCE Office 6:00 pm</td>
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<td>Council Meeting @ UCCE Multi-purpose Room 7:00 pm</td>
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<td>Junior Camp Counselor Applications due to Tulare UCCE Office</td>
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<tr>
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<td>Countywide Dog Care Meeting @ Kings Fairgrounds 2-4 pm</td>
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<td>11</td>
<td>Countywide Robotics Meeting @ UCCE Multi Purpose Room 1-4 pm</td>
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<td>15</td>
<td>4-H Fair Planning Meeting @ UCCE Office 6pm Indoor-7pm Livestock</td>
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<td>20</td>
<td>Countywide Rabbit Meeting @ UCCE Office 6:30 pm</td>
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<td>Countywide Dog Care Meeting @ Kings Fairgrounds 2-4 pm</td>
<td>Nov. Issue</td>
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<tr>
<td>27</td>
<td>THRIVE Meeting @ UCCE Multi-Purpose Room 6:30 pm</td>
<td>Nov. Issue</td>
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3 - Hygiene Helpers
3 - Cancer Care Packages
3 - Valley Animal Haven
3 - Judging Day Workshop
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**Still time to Join the Discussion Meet - New Project!**

This project, for senior 4-H members, is modeled after the Young Farmers and Ranchers discussion meet sponsored by the Farm Bureau. Project meetings will be held to prepare for the competitive event (first round will be held at Sectional Presentation Day). Top competitors at Sectional will advance to the State Field Day. You may wish to watch the Young Farmers and Ranchers Discussion meet competitions on You tube at [http://www.fb.org/index.php?action=programs.yfr.discuss](http://www.fb.org/index.php?action=programs.yfr.discuss). For more information, contact: Louise Draxler-Silacci at 639-9800.

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Council News

No December Meeting
The next council meeting will be:
Tuesday, January 6th
7:00 pm
UCCE Office– Multi Purpose Room
Hosted by Kings River

Plan to attend, your presence is important. Topics of discussion include—Presentation Day, Food Olympics, 4-H Fair Planning, Record Book Committee Report etc.

Member Tip of the Month
Are you going away to college soon? Did you know you can take 4-H with you by joining a Collegiate 4-H group? Collegiate 4-H provides students with an identity on campus and gives them opportunities to continue to be involved with and support the 4-H program.

Learn more and find out how you can join (or start) a local chapter: http://4h.ucanr.edu/Programs/Collegiate/

4-H Council Barbecue

About 987 meals were served at the annual Council Barbecue held in conjunction with Judging Day on November 8th.

Thank you to the many parents and leaders that worked so diligently to prepare and serve the delicious meal (the pork loin was a hit!), and to those that made sweet treats for the Sweet Shop! The BBQ crew did an outstanding job seasoning and preparing the pork! The rice was flavorful and light! The green beans were expertly prepared by Supervisor Mr. Richard Fagundes.

Also, a great BIG thanks to the many ticket sellers! You did a great job. If you still have money or unsold tickets, please return them to your Community Club Leader as soon as possible.

Top ticket sellers will be announced in January!

County Judging Day Results

On November 8th, approximately 90 4-H members participated in County Judging Day. Thanks to the club and individuals that made this event possible!

High point awards were presented in each division for the junior and senior individuals as well as the junior and senior teams. These included:

Livestock Division:
High Point Senior Individual: Nathan Fulghum from Kings River 4-H
High Point Junior Individual: Garrett Bell from Kings Harvest
High Point Senior Team: Kings River 4-H-team members: Kyler Amaral, Kent Sheldon & Nathan Fulghum
High Point Junior Team: Kings Harvest 4-H- team members: Garrett Bell, Thomas Bell & Tyler Dunn

General Division:
High Point Senior Individual: Raine Palomino from Kings Harvest 4-H
High Point Junior Individual: Tyler Dunn from Kings Harvest
High Point Senior Team: Kings Harvest 4-H- team members: Raine Palomino, Jared Dragt & Morgan Spiro
High Point Junior Team: Kings Harvest 4-H- team members: Tyler Dunn, Thomas Bell & Jenna Dragt

Home Economics Division:
High Point Senior Individual: Kavn Aulakh from Grangeville 4-H
High Point Junior Individual: Brandi Garcia from Kings River 4-H
High Point Senior Team: Grangeville 4-H- team members: Kavn Aulakh, Jillian Willhite & Lilly Gutierrez
High Point Junior Team: Kings River 4-H- team members: Brandi Garcia, Kassidy Sheldon & Heather Hodges
Emerald Star Project

Hygiene Helpers

One month into our project and we have collected enough travel size products that we were able to assemble 111 hygiene kits. We are excited with the support that we have received from the community, friends and family. Thank you to everyone that has made a donation already. If you are interested in donating, you can do so at your club meetings, the UCCE Office or by contacting us via email at hygienehelpers2014@gmail.com to arrange for pick up. The Hygiene Helper Kits include: shampoo, conditioner, soap, lotion, toothbrush, toothpaste, chap stick, tissue, and personal cleaning wipes. Please support us in helping the less fortunate. Thank you, Payton McConnaughy and Tara Fry.

Valley Animal Haven Improvement Project

Hello Kings County 4-H Members. My name is Haley Smith and I am the leader for the Valley Animal Haven Improvement Project. We were recently approved to receive $1000 as a Revolution of Responsibility Grant to help with a building project for Valley Animal Haven. We would like to build a cat hut and purchase 2 new kennels with covers. But we need your help! We are asking all of you to collect any can and bottle recyclables so we may raise extra money to help VAH even more. Please drop off any donations to the UCCE Office or email me at hrs2579@gmail.com.

If you can't get the cans and bottles to the UCCE Office, I can pick them up. You can also find the VAH wish list for other essential items on their website, http://www.valleyanimalhaven.org/. Thank you so much!
Revolution of Responsibility Grants

Kings County 4-H has been granted 2 Revolution of Responsibility Grants! Grants were submitted by Haley Smith to work with the Valley Animal Haven Improvement Project and the second grant was submitted by the 2014-2015 All Star Candidates to sponsor a Color Me Green Run.

As you may recall, the 4-H Centennial year was celebrated in 2013 and Cooperative Extension’s Centennial year was celebrated this year, 2014. The Revolution of Responsibility was implemented to supplement the celebration. The goal was to encourage and document as many service learning projects as possible, to highlight the strength and value of 4-H in our communities. It was through these various projects that 4-H demonstrated the leadership, commitment to community, and innovative problem solving that is representative of 4-H in California!

4-H’er’s all across California used their head, heart, hands, and health to create and implement community service learning projects that made real and positive changes in their communities. The documented projects can be found on the Foundation website: [http://ca4hfoundation.org/#impact](http://ca4hfoundation.org/#impact), so please visit the website to review the many projects. Grants for 143 projects in 41 counties have been provided.

The final grants will be made from the pool of applications that were due on November 15, 2014. The grant process for the Revolution of Responsibility projects is formally ending as are the centennial celebrations. However, one of the four focus areas of the 4-H Citizenship Initiative is service. The State 4-H Office will continue to provide tools to support service learning projects throughout California. You will continue to see the concepts of service learning woven into 4-H events and activities to support the Citizenship Initiative. As every 4-Her knows, giving back to community is at the heart of 4-H.
Kings County Foster Children’s Toy Drive

Please help make a difference in the life of a Kings County Foster child by donating an unwrapped or gift-bagged toy. *(Toy guns cannot be accepted.)*

Toys may be dropped off by December 17th to:
Kings County Human Services Agency
1400 W. Lacey Blvd., Bldg. #8
Hanford, CA 93230
Monday-Friday from 8 AM to 4 PM

For further information contact Ruth Robles at 852-4287 or email: Ruth.Robles@co.kings.ca.us.

Christmas Cozy Feet Slipper Sock Drive

Child support Services is once again collecting slipper socks to be donated to seniors in Kings Co.

Kind of sock: Any slipper sock that has a skid proof bottom
Size: One size fits all
Deadline: Wednesday, December 17th
Drop Off Place: Kings DCSS 312 W. 7th Street Hanford–2nd floor in the FAST Bldg.
Questions?: Please call 852-4178 or email: Gail.Morse@co.kings.ca.us

2015 Kings Fair Dairy & Beef Contracts

Dairy Replacement Springer & Yearlings along with market beef contracts are available from the Kings Fair office or the Fair website. Contracts must be completed and returned to the Kings Fair Office by February 13, 2015.

E.M. Tharp & World Ag Expo
"We Believe in Growing Scholarship"

DEADLINE: January 16, 2015

World Ag Expo and E.M. Tharp Inc. team up again to provide the "We Believe in Growing" scholarship, created to further support agriculture education. High school seniors from Madera, Fresno, Tulare, Kings and Kern counties are encouraged to apply.

Two $10,000 scholarships will be awarded to students who attend a four-year university to major in an agricultural field. The scholarships will be disbursed over four years at $2,500 per year, per student.

Requirements:

- Graduating from High School during the 2014-2015 school year
- Acceptance by an accredited 4-year university
- Two letters of recommendation
- One copy of high school transcripts and ACT or SAT scores
- Future education and career goals must be in an agriculturally related field
- Applicant must reside in Madera, Fresno, Tulare, Kings or Kern County
- Complete scholarship application, including transcripts and letters of recommendation
- Must be received by deadline (January 16, 2015)
- Incomplete or late applications will not be considered

Send Applications to: International Agri-Center, Inc.
Attn: We Believe in Growing Scholarship
4500 South Laspina Street
Tulare, CA 93274

For more information: http://www.worldagexpo.com/-we-believe-in-growing-scholarship
Two Deep at ALL Times

One of the best ways to ensure the safety of all 4-H members is by making sure there are two adult volunteers (or one adult volunteer and one other adult at least 21 years of age) with members at all times. (See 4-H Policy Handbook, Chapter 11, IV, B). This includes when youth are waiting for their parents to pick them up after a community club meeting, project meeting, event or activity. The safety of our youth is a top priority.

Citizenship vs. Community Service vs. Service Learning

What is the difference between Citizenship and Community Service and Service Learning? Is there a difference? The answer is yes!

**4-H Citizenship** is the knowledge, skills, attitudes and motivation that give youth the capacity to move beyond one’s individual self-interest and to be committed to the well-being of some larger group. Youth involved in 4-H Citizenship projects and activities will make a positive difference by engaging in learning opportunities that give them a heightened sense of responsibility and capacity to connect as active members of their communities, nation and world.

There are 4 focus areas of 4-H Citizenship:

* **Civic Engagement**
  - Voice
  - Advocacy
  - Activism
  - Deliberate, informed decision making

* **Civic Education**
  - Government principles, processes & structures
  - Personal roles & responsibilities
  - History & cultural heritage
  - Global understanding

* **Service**
  - Community service
  - Service learning
  - Community youth development

* **Personal development**
  - Leadership
  - Mutual respect & understanding
  - Character development
  - Critical thinking & problem solving

**Community Service** is a very important part of the 4-H experience. Community Service may involve isolated one-time activities such as collecting food for a needy family at Christmas time, picking up trash along the highway or planting trees along a bike path. Community Service may also include on-going projects/activities such as visiting a home for seniors monthly, working at the local dog rescue shelter regularly. When Community Service is combined with learning, it is taken to a higher level and becomes a Service Learning Project.

In a **Service Learning project**, youth members engage in service experiences that deepen their understanding of 4-H educational content. Unlike Community Service opportunities which consists of short-term projects decided on and planned by someone else, Service Learning is much “fuller” and offers youth opportunities to work as a team to study community issues in-depth, plan and initiate appropriate action to tackle issues and ultimately to make a real difference in the community.

Service learning is a process that involves:

- Identifying and learning about a recognized community need.
- Demonstrating decision making in a safe environment.
- Participating in the development of community partnerships.
- Understanding the citizen’s role in improving society.

To learn more about Service Learning, visit: [http://4h.ucanr.edu/files/4731.pdf](http://4h.ucanr.edu/files/4731.pdf)
Introducing Citizenship & Leadership Gift Certificate Program

This program allows family members & friends of 4-H members to provide a specific 4-H member with financial support for attending Statewide and National 4-H Citizenship and Leadership Conferences. Gifts may be used on registration costs of the following conferences and events:

- *Citizen Washington Focus
- *Leadership Washington Focus
- *California Focus
- *State Leadership Conference

Order a gift certificate today!
For questions please contact Jenna Colburn, jcolburn@ucanr.edu
*Gift certificates must be used within 12 months of purchase.

Food Olympics
*February 21, 2015*
Hanford West High School

The Food Olympics refers to the Favorite Foods Fair, the Place Setting Contest and Cup Cake Decorating. The *Healthier Living Category* will be offered again this year as part of Favorite Foods. (All ages will be judged together)

Entry must include at least 2 out of the 4 requirements:
1. Contain at least 1 fruit and/or vegetable
2. Contain a lean protein (legumes, beans, poultry, fish etc.)
3. Contain a whole grain (oats, corn, whole wheat, brown rice, quinoa etc.)
4. Contain a low or fat-free dairy product

*No added sugar (honey, molasses and applesauce are acceptable)*
*Ingredients used should be lower in sodium, where applicable (i.e.– low salt broth)*

In the *Cup Cake Decorating Contest*:
Participants will be given 2 cupcakes to decorate in 30 minutes. The 2 cupcakes may be decorated identically, or if incorporating a theme the cupcakes may be decorated differently while still carrying out the theme. Participants must bring all the equipment and ingredients to decorate the cupcakes. Cupcakes will be judged on originality and quality of decorating. One entry per exhibitor.

For more information on Favorite Foods Fair and the Place Setting Contest and Cup Cake Decorating, visit: [http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/](http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/)

Kings County Presentation Day
*February 21, 2015*
Hanford West High School

4-H encourages every member to develop and polish their public speaking skills by participating in County Presentation Day. There are many ways to participate in Presentation Day, from giving a traditional demonstration or illustrated talk where a 4-Her shows “how-to-do” something using visual aids or posters to a prepared speech or interpretive reading or an impromptu speech etc. (The ways to participate are explained on line at [http://www.ca4h.org/files/2193.pdf](http://www.ca4h.org/files/2193.pdf))

Take time to read about the various ways to participate in Presentation Day, and then research your topic. Find an interpretive reading you enjoy or a favorite recipe you can use to develop into a presentation. Prepare your script, make your posters, or gather your props, if your category requires such items. Spend time practicing your presentation. The old adage that “practice makes perfect” is especially true for presentations. Then, enter Presentation Day!

A comprehensive *4-H Presentation Manual* is available online at [http://cekings.ucanr.edu/files/18996.pdf](http://cekings.ucanr.edu/files/18996.pdf) or at the UCCE Office.

To enter County Presentation Day, you may enter online at [https://ucanr.edu/survey/survey.cfm?surveynumber=11982](https://ucanr.edu/survey/survey.cfm?surveynumber=11982) or access the paper entry form at [http://cekings.ucanr.edu/files/202598.pdf](http://cekings.ucanr.edu/files/202598.pdf).

Entries are due to the UCCE Office February 6th, 2015.

Presentation Day is held in conjunction with Favorite Foods Fair and the Place Setting Contest & Cup Cake Decorating. The timing of the 3 activities has been planned so you may enter all the contests!
Apply to Be a 2015-2016 4-H State Ambassador!

The California 4-H State Ambassador Program is a working honor that provides 4-H members expanded opportunities to serve the University of California 4-H Youth Development Program. The 4-H State Ambassador position is one of the highest youth service-learning opportunities and recognitions attainable in the University of California 4-H Youth Development Program. 4-H State Ambassadors are youth who have excelled in the areas of leadership and service learning, and have been selected to serve the 4-H Youth Development Program in roles that promote leadership through education and service.

4-H State Ambassadors are selected to:

- Act as State 4-H representatives to various local, sectional and statewide programs and activities; including public presentations, workshops and leadership development opportunities.
- Coordinate, plan and implement the 4-H State Leadership Conference.
- Provide donor stewardship support to the California 4-H Foundation.
- Identify needs in the 4-H Youth Development Program and develop or recommend strategies for improvement through participation in a variety of Advisory Committees.
- Advance positive youth development through the adoption of a significant service learning project that makes statewide impact over the course of the service term.

**Term:**

4-H State Ambassadors are expected to make a 15-month commitment to the program beginning May 1, 2015 and ending August 31, 2016. State Ambassadors are required to commit significant time to the work of being a State Ambassador. In general, Ambassadors spend 10-40 hours per month, not including travel time, performing the tasks of their role.

**Eligibility Requirements:**

4-H State Ambassador candidates must have completed at least one year as a California 4-H member. 4-H State Ambassador candidates must be at least 16 years old on May 1, 2015 and no older than 18 years old as of December 31, 2015.

For more information, visit: [http://4h.ucanr.edu/files/201381.pdf](http://4h.ucanr.edu/files/201381.pdf)

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**A Unique Citizenship Educational Experience**

**California Focus**

**June 19-23, 2015 at the Holiday Inn Capital Plaza- Sacramento**

Witness California’s government in action by participating in the legislative, political, and judicial processes.

*For Youth 14-19 years old by trip date*

As a conference delegate you will:

- Register to vote, conduct a primary election, and develop a political campaign through a two party system.
- Elect constitutional offices.
- Analyze the needs and issues of your district and enact legislation with the goal of securing the governor's signature to make your bill a law.
- Create a service plan of action for your community
- Meet California law makers
- Tour the State Capitol, Governor’s office and 3rd Court of Appeal
- Participate in fun recreational activities, tours and cultural events
- Make new friends

California Focus can be the beginning of a life of public participation that leaves you with a strong determination to become involved in your community. Don't miss being a part of this stimulating, fun-filled learning adventure in Sacramento with opportunities to gain new ideas, experiences, and perspectives. Registration to participate will open the week of December 14th. The cost of the trip will be in the neighborhood of $645.00. For more information visit: [http://4h.ucanr.edu/4-H_Events/CF/](http://4h.ucanr.edu/4-H_Events/CF/)
ALL STAR CANDIDATE SPOTLIGHT

Meet Ashley Daniel

Favorite Movie: “Footloose” (newest version)
Best Book Read: The Truth About Forever by Sarah Dessen
Favorite Musical Group: I love country and R & B equally
My Hero: My Grandmother
What does 4-H mean to you: To me, 4-H means leadership.
Favorite 4-H Project: Swine
Most Memorable 4-H Experience: State Leadership Conference 2014
Favorite Inspirational Quote: “Whatever you are, be a good one.”
Words to live by: Life is short, so live every day to the fullest.

Club News
Kings Harvest

Kings Harvest 4-H Club held their monthly meeting on Monday, November 10. The meeting was called to order by our president, Mary Rosa. Roll call was taken, the treasurer’s report was given and last months meeting minutes were read. Our members reported on past events attended and gave updated project reports. We brought canned food for donation and gift boxes for Operation Christmas Child. Before we ended our meeting, we decided at our next meeting we will have a $5 gift card exchange for Christmas. Our next meeting will be held on Monday, December 8th at 7:00 PM.

Submitted by: Colten Palomino, Kings Harvest 4-H Reporter

Lemoore 4-H

The Lemoore 4-H Club met on November 12, 2014. Reed Walker organized and led the trick-or-Treat for UNICEF fund drive. He and a group of volunteers collected over $100. Our club voted to donate $50 to the Kings Junior Fair Board. Our Healthy Living Officers, Fallon and Shelby Currie discussed the proper way to wash hands. They also distributed apple slices to the club members. Many of our members described their experience at Judging Day. At our next meeting on December 10, our club is hosting a holiday potluck and a $5 gift card exchange.

Submitted by: Regina and Xavier Czerewko, Lemoore 4-H Club Reporters

...and Best wishes for a Healthy, Safe and Prosperous 2015!
- From the staff at the UCCE Office

University of California Cooperative Extension Kings County 4-H Contacts

Georgene Diener  UCCE 4-H Program Representative  (50% time)  
852-2743  gldiener@ucanr.edu
(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

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

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

OFFICE HOURS: 8am-12 noon and 1pm-5pm  Monday—Friday

Please feel free to call the UCCE Office before coming in if you have a specific need or to make an appointment.
Eating healthy during the holidays can be challenging, especially when there is a cornucopia of foods to choose from. However, you do not need to give up your favorite dishes to maintain your weight. By following these tips at your holiday table, you can enjoy both the food and your family without worrying about your health:

- **Time Your Meals**—set a timer for 20 minutes and reinvent yourself as a slow eater. When you eat fast, your stomach doesn’t have time to tell your brain that it is full. That leads to overeating.

- **Sleep More, Weigh Less**—sleeping an extra hour each night could help a person drop 14 pounds in a year. There is evidence that getting less than 7 hours of sleep revs up your appetite making you eat more.

- **Serve and Eat More Veggies**—Serve three vegetables with dinner instead of just one and you’ll eat more vegetables without really trying. Eating more fruits and vegetables is a great way to add more high fiber/high water content foods that fill you up with fewer calories. Greater variety tricks people into eating more healthy food that the body needs each day.

- **Eat Soup and Lose Pounds**—Add a broth-based soup to your day and you’ll fill up on fewer calories. Think minestrone, tortilla soup or tomato. Soup is especially helpful at the beginning of a meal because it slows you down and curbs your appetite.

- **Go for Whole Grains**—whole grains such as brown rice, barley, oats and whole wheat will help fill you up with fewer calories and may improve your cholesterol, too.

- **Reduce sugary Beverages**—replace one sugary drink like regular soda with water or a zero-calorie seltzer and you’ll avoid about 10 teaspoons of sugar. The sugar in soda appears to bypass the body’s normal fullness cues.

- **Incorporate some of these simple-cooking tips in traditional holiday recipes to make them healthier:**
  
  - Gravy—refrigerate the gravy to harden fat. Skim the fat off. This will save a whopping 56 gm of fat per cup.
  
  - Dressing—use a little less bread and add more onions, garlic, celery and vegetables. Add fruits such as cranberries or apples. Moisten or flavor with low fat low sodium chicken or vegetable broth and applesauce.
  
  - Turkey—enjoy delicious, roasted turkey breast without the skin and save 11 grams of saturated fat per 3 oz serving.
  
  - Green Bean Casserole—cook fresh green beans with chunks of potatoes instead of cream soup. Top with almonds instead of fried onion rings.
  
  - Mashed Potato—use skim milk, chicken broth, garlic or garlic powder, and parmesan cheese instead of whole milk and butter.
  
  - Quick Holiday Nog—four bananas, 1-1/2 cups skim milk or soy milk, 1-1/2 cups plain nonfat yogurt, 1/4 teaspoon rum extract, and ground nutmeg. Blend all ingredients except nutmeg. Puree until smooth. Top with nutmeg.
  
  - Desserts—make a crustless pumpkin pie. Substitute two egg whites for each whole egg in baked recipes. Replace heavy cream with evaporated skim milk in cheesecakes and cream pies. Top cakes with fresh fruit, fruit sauce or a sprinkle of powdered sugar instead of fattening frosting.

The holiday season might not be a time to lose weight, but it doesn’t have to be a time to lose your health. It’s time to bring the focus back to the purpose of the holiday. Enjoy your friends and family, the time off and the traditions of the holidays.

Contributed by University of California, CalFresh Nutrition Education Program