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From the staff at the UCCE Office to ALL 4-H Families- Happy Holidays!!!
Council News

No December meeting

The next council meeting will be:

**Tuesday, January 5th**

7:00 pm

UCCE Office Multi-purpose Room

Host Club: Kings River 4-H

Topics for discussion will include: County Presentation Day, Food Olympics, 4-H Fair Planning, Incentives & Recognition Committee etc.

Please plan to attend!

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Did You Know?

The 4-H State Office publishes a monthly 4-H Newsletter filled with information regarding programs and activities beyond the county level. You may access this newsletter at:

[http://4h.ucanr.edu/News/Newsletter/](http://4h.ucanr.edu/News/Newsletter/)

To subscribe for monthly newsletters click here: [http://ucanr.edu/maillists/joinlist.cfm?listnum=1941](http://ucanr.edu/maillists/joinlist.cfm?listnum=1941)

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4-H Week Window Display

Thank you to the 5 clubs that decorated windows or had displays for 4-H Week in October. They were Grangeville, Kings Harvest, Mid Valley, Island & Oakvale.

The windows/displays were judged by the All Star Candidates and the lucky winners are:

1st place: **Kings Harvest** 4-H won $75.00
2nd place: **Mid Valley** 4-H won $50.00
3rd place: **Oakvale** 4-H won $25.00

Congratulations! What a great way to spread the word about 4-H!

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Fashion Revue Planning Time

It is time to begin planning the Kings County 4-H Fashion Revue. Your ideas and input are very important. Please bring your suggestions to the Planning Meeting scheduled for:

**Tuesday, December 1, 2015**

6:00 pm

UCCE Office—Library

**Kings County 4-H Fashion Revue**

Saturday, March 19, 2016

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Countywide Pygmy Goat Meeting

Countywide Pygmy Goats use the Force at the Lemoore Christmas Parade. The theme is "The Night Before Christmas in a Galaxy Far, Far Away." It is on Saturday, December 5. Line up is at 4:00 pm and the parade begins at 6:00 pm. Dress in your favorite PJ’s and come have fun with us. You do not need a goat to participate. So come join in a galaxy not far, far away. For more information and where to meet up call (559) 924-2719 or at (559) 381-0165.

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4-H Fair Planning Meeting

**January 14, 2016**

*Indoor Exhibits* – 6 pm in the UCCE Library

*Livestock* – 7 pm in the UCCE Multi-purpose Room

It is time to begin planning for the 4-H Fair! Your ideas and input are very important. Everyone is welcome to attend. Department chairmen are needed. Please bring your ideas to the Fair Planning meeting and consider volunteering. 4-H members welcome also!!!!

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Citizenship California Focus

**June 17-21, 2016**

Sacramento

California Focus is a unique citizenship educational experience that combines hands-on participation in workshops, debates and simulations with speakers, tours, fun activities and new friends from across California. [Click here for more information and registration link to CA Focus.](http://www.carug.ucdavis.edu/)

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4H Council BBQ a BIG Success!

Nine hundred and sixty four meals were served to a very hungry crowd at the annual Council BBQ on November 14th.

Thank you to the many parents and leaders that worked so diligently to prepare and serve the delicious meal and to those that made sweet treats for the Sweet Shop! The BBQ crew did an outstanding job seasoning and preparing the pork! In addition, the rice and green beans were very flavorful & tasty!

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.

Christmas Cozy Feet Slipper Drive

Child Support Services is once again collecting slipper socks to be donated to senior citizens in Kings County.

Kind of Sock: Any slipper sock that has a skid proof bottom

Size: One size fits all

Deadline: Wednesday, December 16th

Drop Off Location: Kings County DCSS 312 West 7th Street, Hanford– 2nd floor in the FAST Credit Building

Questions?: Please call 852-4178 or email: Gail.Morse@co.kings.ca.us

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.

Toys may be dropped off by December 11th to:

Kings County Human Services Agency
1400 West Lacey Blvd., Bldg. #8
Hanford, CA 93230
Monday-Friday from 8 AM to 4 PM
For further information contact Kelly Luna at 852-2349.

2015-2016 Record Book Manuals Available

2015-2016 edition of the 4-H Member's Record Book Manual AND the 2015-2016 Adult Partner's Guide are now available! These Record Book Manuals are located at: http://4h.ucanr.edu/Resources/Members/RecordBook/About_4_H_Record_Books/
NEW Countywide Public Speaking Project

Want to become a confident, articulate public speaker? If yes, then this new countywide project is a perfect fit for you. The countywide Public Speaking Project will focus on good communication skills and preparing for Presentation Day. (Learn about all the new guidelines for Presentation Day and receive help in putting together a presentation!) It is open to all regular 4-H members. Meeting dates will be on Thursdays at 6:30 p.m. at the UCCE Office.

December 10th  January 7th  January 21st  February 4th  February 18th  March 10th  April 14th  May 12th

If you are interested in joining, please contact Melanie Curtis at (559) 250-3839 or melaniea.curtis@gmail.com

Food Olympics
Saturday, February 20th
Hanford West High School Cafeteria

Here’s What’s Happening!
The Food Olympics will be held in conjunction with County Presentation Day and will include the following contests:
* Favorite Foods (including Healthy Living)
* Place Setting Contest
* Cupcake Decorating Contest
NEW!* Food Photography Contest
Categories– Healthy Living
Favorite Food
Farm to Fork (Sequence)

The holidays are a perfect time to focus on a Food Olympics entry! Get that camera out and take some foodie pictures of your favorite food or create a sequence for the Farm to Fork category. Try your hand at decorating some cupcakes with ideas you found on Pinterest or try out some new recipes to see if they are tasty enough to win the Favorite Food competition. And of course, you can always develop a Place Setting entry using a fun theme. There are even more ways to participate this year!

For detailed information, please click here: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Favorite_Foods_Fair-February/

Kings County Presentation Day
February 20, 2016
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. Participants may give a traditional demonstration or illustrated talk where they show “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 in the NEW California 4-H Presentation Day Manual. Be sure to read the NEW manual as some of the requirements have changed. For example, a Demonstration requires a minimum of 4 Posters/Slides and an Illustrated Talk requires a minimum of 3. And yes, you need to know the difference between an Illustrated Talk and a Demonstration because new this year, they have different Evaluation forms.

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!

The NEW Presentation Manual is available by clicking: http://cekings.ucanr.edu/Kings_County_4-H_Program/4-H_Events/Presentations/

To enter County Presentation Day, you may enter on-line at http://ucanr.edu/survey/survey.cfm?surveynumber=16743 or access the paper entry form at http://cekings.ucanr.edu/files/226079.pdf. Entries are due to the UCCE Office February 5th, 2016.

Project Homeless Connect

Project Homeless Connect is seeking donations to assist the Homeless in the community. Washable items in all sizes and good condition for men, women and children are needed.

Coats/Jackets/Sweaters  Shoes/Boots  Pants  T-Shirts/Long-Sleeved Shirts  Beanies/Hats  Blankets/Flannels  Socks/Scarves/Gloves

Drop Off: Business Tech Center– Hanford Adult School
905 N. Campus Drive Hanford Rd 21 & 22

Hours: Monday-Friday from 8 AM to 3 PM

Last Day for Collection: January 21, 2016

Questions?: David Lopez (559) 639-8612 or Kristina Marsh 559-246-3238
Kings County 4-H Judging Day Results

Approximately 85 4-H members participated in County Judging Day on November 14th. Thanks to the clubs and individuals that made this event possible.

High point awards were presented in each division for the Junior, Intermediate and Senior members as well as Junior, Intermediate & Senior teams. These included:

**Livestock Division:**
- **High Point Senior Individual:** Gavin Pimentel ~ Kings River 4-H
- **High Point Intermediate Individual:** Elliott Alcala ~ Lemoore 4-H
- **High Point Junior Individual:** Noah Fry ~ Island 4-H
- **High Point Senior Team:** Tyler Dunn, Raine Palomino & Thomas Bell ~ Kings Harvest 4-H
- **High Point Intermediate Team:** Colten Palomino, James Borges & Mary Rosa ~ Kings Harvest 4-H
- **High Point Junior Team:** Kendra Ward, Anna Dooley & Logan Sanchez ~ Kings Harvest 4-H

**General Division:**
- **High Point Senior Individual:** Kavn Aulakh ~ Grangeville 4-H
- **High Point Intermediate Individual:** Makinzie Spiro ~ Kings Harvest 4-H
- **High Point Junior Individual:** Trista Fry ~ Oakvale 4-H
- **High Point Senior Team:** Wyatt Ward, Garrett Bell & Thomas Bell ~ Kings Harvest 4-H
- **High Point Intermediate Team:** Makinzie Spiro, James Borges & Shyanna Ward ~ Kings Harvest 4-H
- **High Point Junior Team:** Kendra Ward, Anna Dooley & Arabella Champi ~ Kings Harvest 4-H

**Home Economics Division:**
- **High Point Senior Individual:** Raine Palomino ~ Kings Harvest 4-H
- **High Point Intermediate Individual:** Isabella Cawley ~ Grangeville 4-H
- **High Point Junior Individual:** Trista Fry ~ Oakvale 4-H
- **High Point Senior Team:** Wyatt Ward, Raine Palomino & Thomas Bell ~ Kings Harvest
- **High Point Intermediate Team:** Jenna Dragt, James Borges & Giovanna Champi ~ Kings Harvest 4-H
- **High Point Junior Team:** Jake Pimentel, Alex McKean & Madeline Valadao ~ Kings River 4-H

Grangeville 4-H Club was the winner of the Spirit Stick.

*Congratulations!*

Let’s Go Camping!

**June 25-July 1st, 2016**

4-H Summer Camp offers 4-H members a wonderful summer experience in the mountains but it also provides the Junior Camp Counselors a tremendous Leadership experience. Every year, Tulare County 4-H graciously invites Kings County 4-H to attend Summer Camp with them and also invites our senior 4-H members and our volunteer adult leaders to participate in the planning and implementation of camp.

Guidelines and Applications to apply to become a Junior Camp Counselor are available on the [Tulare County 4-H website](http://www.ucanr.edu) and are due to the UCCE Office in Tulare by Wednesday, December 16, 2015.

Adults, if you have a love of the outdoors, hiking and campfires, your help is needed also. You may volunteer to serve on the Camp Committee. This involves monthly camp meetings and of course attending 4-H Summer Camp. Interested? Please contact Rochelle Mederos, Tulare County 4-H Program Rep at Mederos@ucanr.edu.
E.M. Tharp & World Ag Expo

"We Believe in Growing Scholarship"

DEADLINE: FRIDAY, JANUARY 15, 2016 - 5:00 P.M.

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:

♦ Officially graduate from high school during the 2015-2016 school year
♦ Acceptance by an accredited 4-year university
♦ Future educational and vocational career goals in Ag/Industrial/Business-related courses
♦ Applicant must reside in Madera, Fresno, Tulare, Kings or Kern county
♦ Completion of scholarship application, including transcripts and letters of recommendation
♦ Incomplete or late applications will not be accepted.

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

Bay Area Science Festival

Vroom, vroom! That’s the sound of our cardboard cars that we made in the California 4-H booth at the Bay Area Science Festival. On Saturday, November 14, we went to the BASF held at AT&T Park in San Francisco. 4-Hers from across California met at the booth and worked in shifts to help made cork mobiles. We had corks, cardboard, paperclips, and other items to decorate the cars. After the kids built their cars, they used a ramp to measure the speed of their homemade cork cars. If you are interested in building your own Cork Mobile, here are the steps:

Step 1: Get a piece of cardboard, two corks, and 2 paperclips.
Step 2: Cut the two corks in half crosswise giving you 4 pieces.
Step 3: Take the two paperclips and pull them apart and straighten them out into as straight a line as possible.
Step 4: Put one straightened paperclip through the front of your cardboard and one straightened paperclip through the end of your paperclip.
Step 5: Put one half cork on each side of the paperclips.
Step 6: Decorate your car however you like.
Step 7: Build a ramp and test your car!
Have fun!

Submitted by: Isabella and Macyn Cawley, Grangeville 4-H

**Be sure to subscribe to the CA 4-H Newsletter to read about the wonderful opportunities in 4-H beyond the county level!**
Projects are all about learning new things and teaching others. Each year 4-H members participate in at least one project with a minimum of 6 hours of instruction. To show the completion of a project, an Annual Project Report (APR) form is filled out for every project completed followed by an expression page for that project.

In the Learning Experiences section on the APR, it asks you (the 4-H member) to explain what you did, learned and the skills gained in that specific project. Record every project-related activity or event where you learned something new or developed a skill related to the project. (This includes project meetings, judging events, field trips, shows, clinics, workshops, demonstrations/presentations, prepared talks etc.) Be sure to include what you did and where you did it and what you learned or the skill you practiced. List the hours you dedicated to that event or activity and what level you participated-as an individual (I), project meeting (L), county (C), etc. (Too often, members leave a chuck of information out in this section, making it difficult for evaluators to understand what took place in the project. ) If you gave a presentation on a topic related to the project, be sure to include that as a learning experience. Filling out the APR completely is important for Project Medal Competition.

Chart #2: (page 2 of APR) List all the items that were made, raised or grown as well as any honors that were received as a result of exhibiting those items at fairs or field days or other competitions.

Chart #3: The APR also asks for citizenship activities and leadership development activities. These should relate to the project listed on the APR. All projects are encouraged to perform some type of Citizenship or Community Service activities. For example, if you are in the Dog Care project, you may spend time working at a Shelter walking the dogs and cleaning kennels. Leadership comes in many forms from organizing the trip to the Shelter to giving a prepared talk on how to work with stray dogs.

Chart #4: Expenses and Income/Value is a section that is under utilized. Even though you may not be selling the item you made or raised it still has a value. If you baked a chocolate cake- there is an expense to making the cake as well as a value. Ask yourself, if I had to go to the bakery and purchase this cake, how much would I spend? If you are in Dog Care, your dog has to eat and there is an expense to purchasing dog food. Every APR should have a dollar amount in the Total Profit or Loss box.

Signatures are needed to consider the APR completed. Be sure to sign your APR and ask your adult partner/project leader to sign the form also.

But wait, you’re not quite done yet. Each APR should be accompanied by an Expression page. This is the time to get creative and have some fun! The Expression page is designed to teach the readers of your APR something you learned in the project. Please use one 8-1/2” by 11” piece of paper for this. You can draw, write, use graphic design elements, or other creative elements.

Completing a minimum of 6 hours of instruction (or more as required by the project leader) and turning a completed APR enables you to receive a year pin and stripe.

**For more information on the 4-H Record Book, please refer to the California 4-H Record Book Manual at: http://4h.ucanr.edu/Resources/Members/RecordBook/About_4-H_Record_Books/
All Star Candidate Spotlight

Meet Kennedy Baker!

Favorite Movie: “Scooby Doo and the Reluctant Werewolf”

My Hero: My cousin, Cayci Allison

What does 4-H mean to you: 4-H means I have a place that allows me to bring all of my favorite things together

Favorite 4-H Projects: Dog, Swine & Photography

Most Memorable 4-H Experience: Winning showmanship & Best of Show 3 times

Favorite place to visit: The Dunes

In my free time I enjoy: Drawing

Most prized possession: My blankey

Favorite Inspirational Quote: “If you’re not doing what you love then you’re wasting your time.” JC Caylen

Words to live by: “Always be a leader not a follower.”

Shooting Sports Workshop

**Pistol** December 12 9 am-4 pm Safety First Association—River Oaks Range, Winton, CA

Cost: $35.00 December 13 9 am-2 pm Winton, CA

Registration deadline is November 13th. Space is limited to 25 attendees.

These workshops, hosted by Merced County 4-H, will offer certification training in the specific discipline. Participants must become a 4-H leader or member and attend both days of training to receive certification to teach at the project, club or camp levels. The cost includes a resource binder, Saturday & Sunday light breakfast refreshments. For directions to the facility visit: [http://www.safetyfirstshooting.org/html/directions.html](http://www.safetyfirstshooting.org/html/directions.html).

To register, please complete and mail the “CA 4-H Shooting Sports Training Request and Registration Form” available at: [http://4h.ucanr.edu/Programs/Projects/SFT/ShootingSports/](http://4h.ucanr.edu/Programs/Projects/SFT/ShootingSports/), and an adult or youth 4-H medical release form. Send these with your check payable to Merced County 4-H Council, UCCE, 2145 Wardrobe Ave., Merced, CA 95341. For more information call Darlene McIntyre at 209-385-7418 or email her at dlmcintyre@ucanr.edu.

Apply to Be a 2016-2017 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:

* Plan, Promote, Teach, Mentor, Advocate and Advise

Click here to read the role description for 2016-2017 4-H State Ambassadors: [http://4h.ucanr.edu/files/223932.pdf](http://4h.ucanr.edu/files/223932.pdf)

**Term:**

4-H State Ambassadors are expected to make a 14-month commitment to the program beginning June 1, 2016 and ending August 31, 2017. 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 June 1, 2016 and no older than 18 years old as of December 31, 2016. Applications are due February 16, 2016.

For more information visit: [http://4h.ucanr.edu/files/201381.pdf](http://4h.ucanr.edu/files/201381.pdf)
4-H Club News

Mid Valley 4-H

The Mid Valley 4-H Club held their meeting on November 9th. It was announced that we got 2nd place on the Window Display. Lainey Combes gave a presentation about a goat. She brought a live goat to the meeting to show us different things about him. We also practiced for the upcoming judging day after the meeting. We judged different things like; baking utensils, dog leashes and collars and we also learned how to give reasons. The club is collecting Coats for Kids. We also talked about the Food Olympics which is February 20, 2016. We are collecting canned goods for the needy for the December meeting. We are going to be in front of Wal-Mart for the Salvation Army for their bell ringing. So if you see us please come by and drop off your change.

Lilly Barcellos, Reporter

Grangeville 4-H

On Saturday, November 14, at the Kings County Fairgrounds, Judging Day was held. At the end of the event while waiting for the awards to be given, the All Stars held the second club cheer competition for the Spirit Stick. The members from Grangeville who were there for the cheer were Anna, Rioux, Olivia Rioux, Macyn Cawley, Oliver Cawley & Isabella Cawley. Congratulations to Grangeville for winning the Spirit Stick with their cheer!

Isabella Cawley, Reporter

Island 4-H

The meeting started at 7:15 and before we did the meeting we had a big potluck which is a huge dinner and we did that because this month was Thanksgiving. Then after all that we did the flag salute, 4-H pledge, and roll call. The officers and leaders talked about old business and new business. After all that talking we finally got to our activity. The activity was called fluffy bunny and you have marshmallows and you stuff it in your mouth until you can't say fluffy bunny who ever has the most marshmallows wins. The prize was a cool 4-H pencil which the winner and the other people that got picked got one. The meeting ended at 7:50.

Jordon Coelho, Reporter

Kings River 4-H

Kings River 4-H would like to thank all members and parents who helped/participated in our club’s Christmas Parade float. Don’t forget about our upcoming Community Service opportunities. We will be collecting unwrapped toys for Toys 4 Tots, new or gently used coats for Coats 4 Kids, and non-perishable food items for our annual Canned Food Drive and non-slip socks for Seniors. All items should be brought to our next club meeting on Monday, December 14th. Merry Christmas and Happy New Year from Kings River 4-H Club!

Rory Valov, Reporter

Lemoore 4-H

Lemoore 4-H had their second meeting on October 14, 2015. Many members were recognized for turning in their record book by receiving their pins, stripes and medals for their record books and/or project.

Our club leader, Mrs. Eller, was very proud to announce that our club received the “Spirit Stick” at the Kings County 4-H Achievement Night. After our regular meeting, we had our pumpkin carving contest. There are some creative members in our club. Our third meeting was on November 2, 2015. It was a week earlier due to there being a holiday on our normal meeting night. During our meeting, we discussed Trick or Treat for UNICEF, Judging Day, Council BBQ, Project Reports and our December Christmas meeting. The Pygmy Goat Project is planning on attending the Hanford and Lemoore Christmas Parades by having the goats in both parades.

Maddison French and Tyler Eller, Reporters

University of California Cooperative Extension Kings County 4-H Contacts

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

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

(Office day is Tuesday, other office days vary according to 4-H meetings and activities scheduled during the week.)

Connie Egger  UCCE Office  (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.
### Personal Development Report Worksheet

The Incentives & Recognition Committee has provided this worksheet to help members determine where to record County events and activities on the Personal Development Report (PDR).

<table>
<thead>
<tr>
<th>2015</th>
<th>#1 Projects</th>
<th>#2 Skills</th>
<th>#3 Attended</th>
<th>#4 Leadership</th>
<th>#5 C &amp; C</th>
<th>#6 Communication</th>
<th>#7 Honors</th>
<th>#8 Lifestyle</th>
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<tr>
<td>July</td>
<td>X (Exhibited)</td>
<td>X</td>
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<td>X</td>
<td>X</td>
<td>X (Gave Presentation)</td>
<td>X (Grand Champion)</td>
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<td>Council meeting</td>
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<td>September</td>
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<td>October</td>
<td>Council meeting</td>
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<td>November</td>
<td>Council meeting</td>
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<td>Judging Day</td>
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</table>

*News articles to Youth Talk, may count as a Communication if not the club reporter.

**When serving on a committee you may count the committee once (1) no matter how many committee meetings were held.
KEEP BACTERIA OFF YOUR MENU

The holidays often mean family, fun and food. But beware—bacteria can lurk in holiday buffet goodies and cause foodborne illness. Follow these guidelines to protect your guests from harmful foodborne bacteria.

Do Not thaw perishable foods at room temperature. Just ONE bacterium, doubling every 20 minutes, could grow to 64 bacteria in two hours and 2,097,152 bacteria in seven hours!

Keep HOT foods HOT and COLD foods COLD. It’s important to keep hot foods at 140°F with slow cookers or chafing dishes. Keep cold foods at 40°F or colder by putting them in dishes nested in ice.

1. **Clean:** The first rule of safe food preparation in the home is to keep everything clean. Wash your hands with warm water and soap for 20 seconds before and after handling any food. Avoid touching food with your hands if you have a cut or open sore. Wash food-contact surfaces like cutting boards, dishes, utensils and countertops with hot, soapy water after preparing each food item and before going on to the next item. Do not rinse raw meat and poultry before cooking. Washing these foods makes it more likely for bacteria to spread to areas around the sink and countertops.

2. **Separate:** Don’t give bacteria the opportunity to spread from one food to another (cross-contamination). Keep raw eggs, meat, poultry, seafood and their juices away from foods that won’t be cooked. Take this precaution while shopping in the store, when storing in the refrigerator at home, and while preparing meals. Consider using only one cutting board for foods that will be cooked, (such as meat, poultry, seafood) and another one for those that will not (such as raw fruits and vegetables).

3. **Cook:** Food is safely cooked when it reaches a high enough internal temperature to kill harmful bacteria. Color is not a reliable indicator of doneness. Use a food thermometer to make sure meat, poultry and fish are cooked to a safe internal temperature. Bring sauces, soups and gravies to a rolling boil when reheating. Cook eggs until the yolk and white are firm. When making your own eggnog use pasteurized shell eggs, liquid or frozen pasteurized egg products. Don’t eat uncooked cookie dough, which may contain raw eggs.

4. **Take care with stuffing:** Whether it is cooked inside or outside the bird, all stuffing and dressing must be cooked to a minimum temperature of 165°F. For optimum safety, cooking your stuffing in a casserole dish is recommended. Stuffing should be prepared and stuffed into the turkey immediately before it’s placed in the oven. Mix wet and dry ingredients for the stuffing separately and combine just before using.

5. **Chill:** Refrigerate foods quickly because harmful bacteria grow rapidly at room temperature. Remember the two hour rule. Don’t leave perishable food at room temperature for more than two hours, or bacteria can start to grow. If perishable foods, such as meat, are left at room temperature too long, bacteria may grow and produce heat-resistant toxins that can cause food-borne illness. Cooking may not be able to destroy these toxins. If you’ve lost track of time and can’t remember how long that macaroni salad has been on the buffet, remember—when in doubt, throw it out!

6. **Keep guests out of the kitchen:** Holidays occur during cold and flu season, which further compounds the fact that about half of all people have staph aureus bacteria on their fingertips. It is important to prevent anyone from picking at the food while it is being prepared. Serve simple appetizers to give guests something to nibble on until the meal is ready.

The holiday season is a very special time to spend with family and friends. There will be lots of preparation for big meals and shared bounty, so following these food safety precautions can assure wonderful gatherings and memories in your home.
Valley Animal Haven
KINGS COUNTY’S NEWEST NO-KILL ANIMAL SHELTER
NEEDS YOUR HELP!

Can you make a difference?
Yes you can! Please help Raine Palomino and Tyler Dunn with their 4-H emerald star project by making a difference in sheltered animal lives. Pam Brasil dreams came true when she founded Valley Animal Haven & Adoption Center. Their mission is to provide animals with the help that they so desperately need and deserve. Pam’s hope is that, one day, no animal will have to suffer at the hands of abusive owners. They work hard to take care of all of the animals at Valley Animal Haven & Adoption Center. But unfortunately, they can’t do it without help from people like you.

What they need:
• Dry dog/puppy food
• Dry cat/kitten food
• Puppy pads
• Cat litter (clumping type preferred)
• Collars and leashes
• Toys (dog and cat)
• Treats (dog and cat)
• Cleaning supplies
• Bath towels

• Laundry detergent
• Stainless steel food & water bowls
• Pooper scoopers
• Litter boxes and scoops
• Paper towels
• Trash bags (33 gal & 13 gal)
• Copy paper
• Envelopes

Other items:
If you are unsure what items to donate, gift cards to Petsmart, Target, Walmart, Home Depot, Lowes, or K Mart.

Where to donate:
Please drop off all donation at 4-H office - UCCE Kings County
680 Campus Drive
Suite A
Hanford, CA 93230.

Or call (559) 816-2134 or (559) 816-1956 to schedule a pick-up.