### KINGS COUNTY YOUTH TALK

**March 2017**

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Thank you to J.G. Boswell for their generous donation to the Kings County 4-H Program!

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**Deadline**

4-H News articles due for **Youth Talk** – March 17th

Please send all articles to ~ gldiener@ucanr.edu

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680 N. Campus Drive Suite A, Hanford, CA 93230  
PHONE: (559) 852-2730  
FAX: (559) 582-5166  
Email Us: kings4h@ucdavis.edu  
Website: http://cekings.ucanr.edu  
Link To Calendar: http://cekings.ucanr.edu/Kings_County_4-H_Program/
Council News
The next council meeting will be:
**Tuesday, March 7th**
7:00 pm
UCCE Office Multi-purpose Room
Host Club: Mid Valley

Topics for discussion at the March meeting will include: past events and upcoming events including the 4-H Fair, Fashion Revue and the Color Me Green Run, as well as the need to purchase a new 4-H computer and the proposed Ruby Star project.

Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome!

Did You Know?
The Kings Fair is not a 4-H sponsored event, but an event that has classes specifically for 4-H member participation. When a Kings Fair entry is signed by parents, it needs to be read carefully as it releases the Fair from any liability involving the 4-H member’s project. If a member’s project animal causes any injury to a fair spectator, the 4-H member’s home owner’s insurance comes into play, not 4-H insurance. As a result of this liability, the Kings County 4-H Leader’s Council will purchase liability insurance through the fair to cover any incidents which may result in injury to the public for the 2017 fair.

Sheep & Market Goat Clinic
Sunday, April 23, 2017
10:30 AM to 4:00 PM
Kings Fairgrounds

This Sheep & Market Goat educational clinic will provide valuable information on basic handling of your project animal, selection & evaluation, fitting and showmanship practices. Registration fees are: Kings County 4-H members—$30.00, Non Kings County 4-H members—$45.00, Spectators only—$10.00. Lunch is included. For more information see the insert at the back of the Youth Talk.

Incentives & Recognition Committee Meeting
**Tuesday, February 7th**
5:30 PM
UCCE Office– Ste. G

The I & R Committee will meet prior to Council to discuss the Ruby Star program and All Star guidelines. All clubs need to be represented.

Fashion Revue Committee Meeting
Tuesday, March 7, 2017
6:00 pm  UCCE Office

Kings County 4-H Fashion Revue
Saturday, April 1, 2017
Judging -12 noon -UCCE Office
Fashion Show- 4 pm- The Remington

Theme: **The Road to Fashion**

Click here for more information: Fashion Revue Entries are due to the UCCE Office by March 17, 2017.

Program Cover Design Contest:
Any 4-H member can submit a design for the Fashion Revue Program Cover. The theme must be included in the design. The size is 5 1/2” x 8 1/2”. Submit to the UCCE Office by March 17, 2017.

Color Me Green 5K Run/Walk
**Sunday May 7th**
Hickey Park
16850 Flint Avenue
Hanford

The Color Me Green Fun Run/Walk will have a new look this year, as the location has changed to Hickey Park. The Run/Walk is a fun way to get the 4-H name out to people that may not be familiar with our organization and it is also a great way to promote healthy living.

Cobi Revious is chairing the event this year, and would appreciate the involvement of youth members and adults. Lots of help is needed in advertising and implementing this event. It is hoped that many health conscious members of the community will participate in this event.

**Fees to participate:**
Adults 19 yrs. & older - $25.00 (includes t-shirt & snack)
Youth 5–18 yrs. old- $10.00 (includes t-shirt & snack)
Youth 5 yrs. and younger are free (includes snack)

For more information: Color Me Green Run
Kings County 4-H Fair News

April 6th– Indoor Exhibits Judged 3:30-6:30 pm
April 7th-8th– Livestock Shows
Kings Fairgrounds

Animal entries are due to the UCCE Office by Friday, March 24th

The 4-H Fair is a tremendous opportunity for youth to have a practice run to prepare for the Kings Fair. 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. When the Kings Fair rolls around, the animals already know what to expect and are much calmer, resulting in a much safer experience for the exhibitor, animal and the public. Leaders and parents, please encourage your members to participate in this event!

Animal Entries: You may enter your animals on the traditional paper entry forms available from your leader or the UCCE Office or you may download an entry form from the Kings County 4-H website: 4-H Fair Entries or you may enter on-line via a survey 4-H Fair Online Entries. Whatever format you select, entries are due to the UCCE Office by Friday, March 17th.

Indoor Exhibits: New this year, a People’s Choice Award will be chosen from the Outstanding Indoor Exhibits. Be sure to visit the Indoor Exhibit and vote for your favorite!

4-H Fair Booklet: A limited number of copies of the 4-H Fair Booklet have been printed. The 4-H Fair Booklet is available on-line at 4-H Fair Book. If you need a hard copy, please contact the UCCE Office.

Rabbit & Cavy Show: This show is scheduled for Thursday evening, April 6th at 6 PM in Ring #3. This is the same evening Indoor Exhibits are judged. Animals will be released after the show.

New for 2017:

Animal Release: Dog, Poultry and Rabbits are released after their shows. All other species will be released after the Awards Presentation on Saturday afternoon. Any animal exiting the fairgrounds before the release time will be charged a $25.00 fee per animal.

Pen Cleanout: All animal pens must be cleaned out before leaving the fairgrounds, at the conclusion of the fair. Soiled bedding is to be disposed of in the designated area. There will be a $10.00 fee per animal for any pens not cleaned out.

Livestock Pens: Pens will be assigned to the exhibitors. Exhibitors are not to move their animals to another pen.

Kings County 4-H Offers Mini Grants

For the second year in a row, the Kings County 4-H has received a very generous donation from the J.G. Boswell Company. Instead of the Leaders Council deciding how the money can best be utilized, Council voted to extend an opportunity to 4-H members and leaders to apply for mini-grants. So exactly what does this mean? You determine how the money can best benefit the members of the Kings County 4-H Program. Some ideas may include, repairs to equipment owned by the club such as sewing machines, clippers etc. Members planning to undertake an Emerald Star project may apply for a mini-grant to enable a specific project to be completed. These are just a few ideas. If you are interested in applying, please fill out the survey at this link http://ucanr.edu/survey/survey.cfm?surveynumber=19734. Leaders Council will review the grants and respond accordingly.

Kings Fair Market Animal Contracts Due

Contracts for Market Swine, Market Feeder Calves, Market Sheep & Market Goat are due to Kings Fair Office by Monday, April 10th. Contact Kings Fair Office for more information 584-3318.
Congratulations to Food Olympics Participants

The Favorite Foods Fair, Place Setting, Cup Cake Decorating and Food Photography Contests were held at Hanford West High School on February 25. Pictures on the right are the Gold Medal Winners.

**Favorite Food Winners**

Nine members participated, making delicious recipes that were decoratively presented.

The results are~

- **Junior Winner:** Gianna Warmerdam, Kings River ~ Banana Bread
- **Intermediate Winner:** Shyanna Ward, Kings Harvest ~ Caramel & Coffee Infused Crème Brulee
- **Senior Winner:** Laura Denham, Grangeville ~ Chocolate Lasagna
- **Overall Winner:** Angelina Raulino, Island ~ Avocado Salsa

**Healthy Living Winner**

Four members entered in the Healthy Living category. The dish had to meet healthy eating requirements.

The winner is~

- **Steven Loogman**, Kings River ~ Healthy Tuna Stuffed Avocado

*Watch for the recipes on the Kings County 4-H website under Food Olympics.*

**Place Setting Contest Winners**

Six Kings County 4-H members participated in the Place Setting Contest held in conjunction with the Food Olympics.

The results are~

- **Junior Winner:** Aaron Dorrough, Oakvale ~ Teacher’s Appreciation Lunch
- **Intermediate Winner:** Ashley Eller, Lemoore ~ The Elk Throw Down
- **Senior Winner:** Laura Denham, Grangeville ~ Friendship is Brewing Coffee Brunch
- **Overall Winner:** Laney Dorrough, Oakvale ~ Backyard Picnic

**Cup Cake Decorating Contest Winners**

The Cup Cake Decorating Contest was a hit with 30 members participating.

The results are~

- **Junior Winner:** Tyler Eller, Lemoore ~ BBQ Hot Dogs
- **Intermediate Winner:** Lillian Barcellos, Mid Valley ~ Foxes
- **Senior Winner:** Paige Clarke, Island ~ Pigs
- **Overall Winner:** Ashley Eller, Lemoore ~ Mickey & Minnie Mouse

**Food Photography Contest Winners**

The Food Photography Contest brought a lot of interest from members. Seventeen members submitted photos for the Favorite Food Category, nine for the Healthy Living Category and six entries were received for the Farm to Fork Category.

The results are~

**Favorite Food Category**

- **Junior Winner:** Regan Valov, Kings River ~ Fruit
- **Intermediate Winner:** Cara Raven, Grangeville ~ Animal Cookies
- **Senior Winner:** Kayla McCalvy, Grangeville
- **Overall Winner:** Adalynn Luna, Kings River ~ Doughnuts

**Healthy Living Category**

- **Junior Winner:** Kason Meeks, Kings River ~ Chicken & Rice
- **Intermediate Winner:** Ragan Jessup, Kings River ~ Salad, Strawberries & Asparagus
- **Overall Winner:** Cade Stanley, Island ~ Apples

**Farm to Fork Category**

- **Junior Winner:** Kason Meeks, Kings River ~ Chicken to Scrambled Eggs
- **Intermediate Winner:** Rory Valov, Kings River ~ Beef to BBQ Tri-tip
- **Overall Winner:** Jaylee Souza, Island ~ Almond Trees to Almond Cake

**Special Thanks** to Fallon Currie, Lemoore 4-H, for serving as photographer of this event.
Congratulations to Presentation Day Participants!

Twenty five Kings County 4-H members participated in County Presentation Day giving 23 presentations on February 25th. 4-H members earning a Gold award are now eligible to take their presentation to the Central Area Sub Group (formerly Sectional) level of competition. This event will be hosted by Tulare County on April 29th.

**Gold Awards**

Kavn Aulakh—Grangeville 4-H: Cultural Arts ~ The Harmonium  
Macyn Cawley—Grangeville 4-H: Interpretive Reading ~ A Christmas Carol  
Megan Clarke—Island 4-H: Illustrated Talk ~ You’re Doing Everything Right  
Paige Clarke—Island 4-H: Illustrated Talk ~ Four Steps to Focus  
Tyler Clarke—Island 4-H: Illustrated Talk ~ Showtime Baby  
Amanda Curtis—Corcoran 4-H: Illustrated Talk ~ ADHD, RLS, Yoga and Squirrels!  
Brittney Curtis—Corcoran 4-H: Demonstration ~ Brittney’s Special Sparkle Jars!  
Ashley Eller—Lemoore 4-H: Illustrated Talk ~ Sometimes Music Leads to Treble  
Steven Loogman—Kings River 4-H: Illustrated Talk ~ What Is On That Steno?  
Steven Loogman—Kings River 4-H: Impromptu Speech  
Maxx Muldoon—Island 4-H: Illustrated Talk ~ Ringbone  
Angelina Raulino—Island 4-H: Demonstration ~ Slime Making  
Kyndall Schakel & Bailey VanVelson—Corcoran 4-H: Illustrated Talk ~ Say Cheese! The Making of Mozzarella...From Farm to Table  
Grace VanVelson—Corcoran 4-H: Illustrated Talk ~ How to Sew a Drawstring Backpack  
Kendra Ward—Kings Harvest 4-H: Illustrated Talk ~ COTTON...Farm to Fabric

**Blue Seal Recipients**

Pio Avila & Gianna Warmerdam—Kings River 4-H: Illustrated Talk ~ Making a Pillowcase  
Brittney Curtis—Corcoran 4-H: Interpretive Reading ~ New Kid on the Block  
Tyler Eller—Lemoore 4-H: Illustrated Talk ~ Barrel Bliss 101  
Brandon Rossi—Island 4-H: Illustrated Talk ~ Starting a Lamb Project

**Red Seal Recipients**

Jasleen Aulakh—Grangeville 4-H: Demonstration ~ Instagram Slime

**Green Seal Recipients (Primary)**

Oliver Cawley—Grangeville 4-H: Interpretive Reading ~ Wonder  
Quinn Cawley—Grangeville 4-H: Interpretive Reading ~ The Octonauts and the Scary Spookfish

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**Use of the 4-H Emblem**

- Always use the whole emblem  
- Do not remove any leaves  
- Images may not be superimposed over the top of any leaves  
- Do not place text or images over or on top of the 4-H emblem  
- Keep the emblem upright, the emblem should not be rotated or turned on its side  
- Never distort the 4-H emblem—keep in proper proportion  
- The stem of the clover must point to the right as you look at the image

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**Countywide Poultry Meeting Date change**

The Countywide Poultry meeting scheduled for Saturday, April 1st has been rescheduled for—  
April 2, 2017  
12 noon at the  
Currie Residence
Kings County Farm Day
March 16, 2017
Kings Fairgrounds

One of Kings County Farm Bureau’s most exciting educational programs is Farm Day, where approximately 2,300 Kings County third-graders are treated to interactive agriculture exhibits that will help them gain an increased awareness of the positive contributions agriculture makes to our local community and economy.

4-H members are encouraged to share their agriculture knowledge at Farm Day. If you are interested in participating as a presenter, please contact the Kings County Farm Bureau at 584-3557.

Have You Considered an Emerald Star Project?

Application Deadline March 17th

The Incentives & Recognition Committee has reviewed the Emerald Star application process and made recommendations to the Leaders Council. The Leader’s Council has approved the changes. The most significant changes are: (Changes are underlined.)

**Eligibility:**

* Members who have completed two years of 4-H and are currently in their third year
* Will be at least 13 years of age by December 31, 2016 are eligible to apply for the Emerald Star Program.

**Project Requirements:**

* Applicants must meet with the 4-H Youth Development Advisor, 4-H Program Representative and/or Emerald Star Committee members to discuss the proposed project prior to submitting an application.
* The project must provide service beyond the club level to benefit the Kings County 4-H Program and/or community.

There are some additional changes pertaining to the actual application. These can be found by clicking on the link below. Applications are due to the UCCE Office by **Friday, March 17th** and Interviews will take place on **March 30**.

Click on this link for more information about the Emerald Star Program: [http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/4-H_Emerald_Star_Information/)

4-H Name Guidelines

When writing news articles or developing flyers, it is important to use the 4-H name using the approved 4-H name guidelines.

The official 4-H Name includes 4-H, 4-H Youth Development, or 4-H Youth Development Program. When using the term “4-H” it must conform as follows:

- **Numeral “4” separated from a capital “H” with a hyphen, 4-H** (not a dash, slash, or space).
- **Avoid separation of any of the elements of the 4-H Name at the end of sentences.** This can sometimes be difficult because some software programs override user commands. Often, these overrides do not become visible until after printing or posting to a Web page: careful scrutiny of text after trial printing or posting is advised.
- **Do not use the 4-H Emblem in place of the word “4-H” in a title or text.**
California Focus

June 16-20, 2017
Holiday Inn Capitol Plaza-
Sacramento
$499.00 per person

Experience California’s government in action by participating in the legislative, political, and judicial processes. California Focus combines hands-on participation in workshops, debates, simulations, tours, and fun activities with members across California. Set in Sacramento, California’s capital, participants will tour the State Capitol building, Governor’s Office, and 3rd District Court of Appeals. Workshops and lodging will be at the Holiday Inn Capitol Plaza, 300 J Street, Sacramento, CA.

Who can attend: 4-H youth ages 14 - 19. Youth must be at least 14 years old by the time of California Focus.

Registration and $250.00 deposit deadline is April 3, 2017. Click here for online registration: http://ucanr.edu/survey/survey.cfm?surveynumber=19586
Final payment is due May 16, 2017. More information on California Focus can be found here: http://4h.ucanr.edu/4-H_Events/CF/

California State 4-H Scholarships for Higher Education

Deadline August 6, 2017

The California 4-H Youth Development Program is committed to promoting higher education. With help from donors, statewide scholarships are available for graduating high school seniors and college-attending students.

Candidates must be:

- A high school senior, graduate, or equivalent who is already enrolled in or accepted to an institution of higher education. Institutions of higher education include accredited vocational schools, colleges or universities.
- Enrolled in the California 4-H Youth Development Program at the time of high school graduation or equivalent, such as receiving a General Education Diploma (GED)
- Enrolled or planning to enroll in at least half of the full-time course load as defined by the applicant’s institution.

Not older than 25 as of December 31st of the application year. Application procedure can be found here: http://4h.ucanr.edu/Resources/Members/Scholarships_Awards/Scholarships/>

Raise your Hand & Help CA 4-H Win $20,000

The California Foundation is proud to partner with National 4-H on the “Raise Your Hand” campaign. 4-H is calling on alumni & friends around the world to “raise their hands” and help empower the next generation of true leaders. The goal is to continue to build a CA network of connected and engaged 4-H alumni & friends. Beginning March 1st-June 30th, 4-H alumni & Friends are being asked to support 4-H youth by “Raising their Hands” and “Paying it Forward.”

- Simply go to http://4-h.org/raise-your-hand/ and sign up for the Alumni & Friends Network. Be sure to choose “California” to receive updates and event notification from CA 4-H. Pay it Forward and help raise awareness for CA 4-H by using social media to tweet or post your 4-H experience and photos using “#4HGrown.” Tag other 4-H Alumni & Friends, and ask them to “Raise their Hand!”
- The state with the most hands raised will receive $20,000 to support their state 4-H programs! Second and third place winners receive $10,000 and $5,000 respectively.
- CA 4-H is excited to build and grow the network! Hoping you will “Raise Your Hand” and join in!

4-H State Leadership Conference

July 20-23, 2017
UC Davis

The State Leadership Conference Planning Team is hard at work planning for the 2017 conference. SLC is a leadership conference for 4-H youth ages 13-19 years old. If you are a recent 4-H alumni, consider applying to be a Program Assistant. For more information on what this involves and more information on SLC in general, please visit: http://4h.ucanr.edu/4-H_Events/SLC/

Important State Leadership Conference Dates:

**Week of February 13th**: SLC registration opens  
**Week of April 3rd**: SLC Early Bird Registration ends  
**Week of May 23rd**: SLC Regular Registration ends  
**July 20-23**: State Leadership Conference at UC Davis

Youth Talk-March 2017 Page 7
4-H Club News
Kings Harvest 4-H

For our February 13th meeting, we started with the flag salute and 4-H pledge. Next we went over the minutes from the last meeting. Two members from the Grangeville club came to speak about their Emerald Star project. They informed us they were holding a photography workshop. Hannah Dutra did a project on healthy living. We finished the meeting with refreshments.

Giovanna Champi, Reporter

Mid Valley 4-H

Garrett Revious called the meeting of the Mid Valley 4-H club to order on February 13th. We were told about the Food Olympics and Presentation Day. We also talked about 4-H Fair and the animal contracts. One of our members, Kelsey Neff gave a presentation on her animal. She told us about how to care for it and the food it eats. After the meeting we made Valentine cards for the Seniors at a local rest home.

Lilly Barcellos, Reporter

Join Kings County 4-H on Facebook!

Come like our Facebook page at Kings County 4-H Youth Development Program. You will be able to find updates on upcoming events, meetings and other local 4-H information. You may also use this Facebook page to promote your club's fundraisers and activities. Simply submit your information and the UCCE Office will review and post for all our friends to see.

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.)*

**Tara Batista**  UCCE 4-H Youth Development Advisor  852-2739  tabatista@ucanr.edu

**Teresa Evangelo**  4-H Support Staff  852-2731  tlevangelo@ucanr.edu

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.*
Goin' Showin'

ONE DAY
SHEEP AND
MARKET GOAT
CLinic

Sunday, April 23, 2017  10:30 am—4:00 pm
Kings County Fairgrounds—Swine Show Ring
801 S. 10th Avenue, Hanford, CA 93230
Questions: Angela Loogman @ 559.469.7689 or aloogman07@gmail.com
To register: http://www.ucanr.edu/survey/surveyofmsurveynumber=20349

Hands-On Instruction open to the first 30 participants to register

Kings County 4-H Member- Fee $30.00
Non Kings County 4-H Member- Fee $45.00

Spectator Fee $10.00

Lunch Included

Sessions to Include:
• Basic Handling (halter breaking, bracing, and ring etiquettes)
• Selection and Evaluation
• Fitting
• Showmanship Practice

Sessions presented by Derrek Smalley
of Smalley Livestock Consulting

Bring your own sheep or goat

University of California
Agriculture and Natural Resources
Color Me Green

5K Run/Walk

Sunday, May 7, 2017

Hickey Park
16850 Flint Ave., Hanford

Registration – 8 AM      Race – 9 AM

Adults ~ $25.00 includes T-shirt & Snacks
Youth 5-18 yrs old ~ $10.00 includes T-shirt & Snacks
Youth Under 5 yrs old ~ Free (No T-shirt)

Register online at:
https://runsignup.com/Race/CA/Hanford/KingsCounty4HColorMeGreen5K

or

Registration/Waiver forms available from:

Kings County UCCE Office
680 N. Campus Dr. Suite A, Hanford
559-852-2730

or

http://cekings.ucanr.edu/Kings_County_4-H_Program/

Sponsored by
Kings County 4-H &

FAST

Families And Schools Together

FEDERAL CREDIT UNION
Finding Hope
For Valley Children’s Hospital

My name is Paige Clarke. I am 14 years old and this is my 6th year in Island 4-H. As part of my Emerald Star Project for 4-H, I am collecting items for Valley Children’s Hospital. I hope to help make the kids that are staying more comfortable while they are there. Items can include:

**New Items**
- Teething Rings
- Rattles
- Crib Gyms
- Busy Box
- Push Toys
- Journals
- Arts and Crafts
- Board Games (All Ages)
- Sports Equipment
- Coloring Books
- Crayons (8-24 pack)
- Puzzles
- Playdough
- Legos

**New or Gently Used Items**
- Movies

Movies: They can use movies for all ages. All movies MUST be rated between G and PG-13. The hospital asks for Spanish and English movies. Disney movies are very popular!

Donations can be made at the UCCE Office 680 Campus Drive, Suite A in Hanford.

Like “Finding Hope” on Facebook by searching @findinghope150

Please call me at 559/924-1532 for more information. Thank you for any contribution you can make!
Pleasing the Past with Millennial Style

*Emerald Star Project by: Maddison French*

- **When? February**
  Wednesday, February 1st,
  Wednesday, February 15th,
  Friday, February 17th,
  Wednesday, February 22nd

  **March**
  Wednesday, March 1st
  Tuesday, March 7th

- **Where? Diamond Terraces**
  600 East 11th Street Hanford, CA 93230

- **What?** Spending time with the elderly and completing crafts such as: painting nails, golf ball animals, crayon frames etc.

- **Contact:** Maddison at 559-904-3185 or teresa_french2001@yahoo.com
“Put Your Best Fork Forward”

March is National Nutrition Month and the theme acts as a reminder that each bite counts. Making just small shifts in our food choices, can add up over time. This year’s theme inspires us to start with small changes in our eating habits – one forkful at a time.

We could all use a little polishing when it comes to our eating and nutrition skills, so here’s a few suggestions to help you put your best fork forward:

Go For The Best Balance
- Aim for a protein, grain, fruit and vegetable at each meal
- Drink more water
- When a snack attack hits, balance your nutrition by eating a fruit or vegetable first.

Go For The Best Flavor
- Try tasting your food before salting it.
- Try a new fruit or vegetable this week
- Try a new ethnic flavor like ginger, turmeric, cumin or tarragon

Go Forward With Best Eating Habits
- Take smaller bites
- Don’t inhale your food, take a little time to savor and enjoy your meal
- Pay attention to your body’s hunger and fullness signals

Go Forward – Literally
- Try to walk a little faster or farther today
- Try a new exercise like yoga
- Try a few extra reps in your current workout or simply turn up the tunes when you clean the house and see how much more active you’ll be

There are many ways to put your best fork (and glass) forward to improve your family’s nutrition. Making small steps and goals each day to put your best fork forward can help you and your family live a healthier and more nourished life.