Happy New Year!!!

4-H Enrollment for 2017-2018 now open!

July 1st marks the start of a brand new 4-H year, and it is time to think about re-enrolling in 4-H! The California 4-H Online enrollment system is now open. Please click on the link below to enroll for the 2017-2018 year.

Returning 4-H members and leaders, must use the same family email address that has been used in the past. Please do not create a new email or family. If you do not remember the family email address you used, contact the UCCE Office at 852-2730. If you have forgotten your password, simply click on "I forgot my password" and a new one will be emailed to you. Click here for instructions to enroll.

2017-2018 4-H Program Fees

$10.00 per leader
$36.00 per member

Funds are available for fee waivers for those members who need assistance with the program fees. A fee waiver form must be completed and submitted to the UCCE Office for approval. Click on the link for information about the fee waiver.

We are thankful for the Kings County 4-H Sponsoring Committee’s contribution towards lowering the program fee cost for our members and leaders.
**Council News**

The next council meeting will be:

**Tuesday, August 1st**
7:00 pm
UCCE Office Multi-purpose Room

Host Club: Council

Topics for discussion at the August meeting will include:
- 4-H calendar, budget, Record & Officers Book judging, Achievement Night & 4-H Madness.

Your opinions and contributions are important! Every club needs to be represented! 4-H Members are welcome to attend the meeting as well!

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**Volunteer Leader Online Training for 2017-2018**

*New* for this year, there will be required online training for all new and returning volunteers which can be viewed on your computer at your convenience. After submitting your 4-H Online enrollment you will receive an email stating that your enrollment is incomplete along with a link to complete the online training below.

**Returning 4-H Leader Process**

Returning Leaders Training will include:
- A. Toward an Interculturally Connected 4-H (60 minutes)
- B. Abuse Risk Management for Volunteers (15 minutes)

**New 4-H Leader Process**

**New 4-H Adult Volunteer Leader Interest Survey**

New Leaders training will include:
- A. Orientation (60 minutes)
- B. Foundations of Positive Youth Development (20 minutes)
- C. Toward an Interculturally Connected 4-H (60 minutes)
- D. Abuse Risk Management for Volunteers (15 minutes)

The trainings will need to be completed by December 31st to activate your volunteer leader appointment for the 2017-2018 4-H year.

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**Did You Know?**

UC ANR is aligning volunteer development requirements for all UC ANR programs statewide. Starting in 2017-18, volunteers in 4-H are required to complete between 1-3 hours of volunteer development courses annually which will be delivered online. Your UCCE 4-H Office will be sharing new enrollment procedures and training login information with you during the upcoming months. We hope you embrace this endeavor in the spirit in which it is intended: to instill a desire for life-long learning in youth. 4-H volunteers can best model life-long learning by continuing to gain new knowledge and insight themselves. Most importantly, 4-H volunteers should share their continuing education work with youth. Show them your certificates, talk about what you learned and how you hope to share that with them. In the coming months and years there will be many optional development opportunities for 4-H volunteers such as Club Leader Essentials, Chaperone training, Project Leader Essentials and much more.
Calendar Committee Report

The calendar committee met to discuss activities and programming for the 2017-2018 4-H program year. Please review the proposed dates on the insert at the back of the Youth Talk. The calendar will be discussed and revised or approved at the August 1st Council Meeting.

Please note the proposed changes:
1. County Achievement Night will be moved to September so it is closer to the start of the new 4-H year.
2. Judging Day and the Council BBQ will be held on separate days. County Judging Day will begin at 1 pm. The later time is to better accommodate those that play in sports.
3. Council BBQ will have a new look and location. Considerations is being given to having a drive thru tri-tip and rolls dinner offering on Halloween. Location—perhaps in font of the UCCE Office.
4. Food Olympics will be a stand alone event.
5. Presentation Day and Fashion Revue to be held on the same day. Presentation Day in the morning and Fashion Revue in the afternoon.
6. Leaders & Sponsors Dinner to be held during 4-H Week—so the next dinner would be October 2018.

Your ideas and input about the calendar are very important. Please plan to attend the August 1st Council meeting to discuss your ideas regarding the calendar.

Budget Committee Report

The budget committee met to discuss the finances of the council for 2017-2018. The proposed budget will be presented to council for discussion and approval at the August 1st Council meeting.

2018 Washington Focus Trips

Kings County currently has 2 members raising funds to attend Citizenship Washington Focus next summer. Are you interested in learning how our national government works as well as experience the grandeur of our nation’s capital? This is a great opportunity to meet with fellow 4-Hers from across the United States. The conference is open to members 15 years old by the first day of travel.

If you are interested contact the UCCE Office for more information—559-852-2731.

Club Officer Books Due!

Club Officer Books are due to the UCCE Office by Tuesday, August 1st. Treasurer and Secretary books are required from every club. Historian and Reporter books are encouraged.

Treasurer Books must have a Peer Audit Review completed before the books are turned in. Talk with your CCL to set up a committee to review the book.

Outstanding Club Officer Books will be recognized at Achievement Night.

Forms are available on the 4-H website.

4-H Week Display Contest

Plan to Enter!

Theme: Grow True Leaders

Celebrate National 4-H Week (October 1-7th) by creating a display to advertise 4-H. Clubs may enter as a club or as individual project groups. The purpose is to promote 4-H and your club!

Displays may be window, poster, booth etc. and must be set-up by September 29th. Once your display is in place, take pictures and submit to the UCCE Office via email to tlevangelo@ucanr.edu by October 13th. Be sure to include the location of the display and the viewing hours.

Judging will be based on creativity, information/educational value, accessibility to the general public and overall look of the display. Prize money will be awarded to the clubs/project groups with the top three displays—1st place- $75; 2nd place- $50; 3rd place- $25.
Emerald & Ruby Star Projects

Summer is a great time to reflect on your 4-H involvement and to begin making goals for the new 4-H club year. Emerald and Ruby Star projects just might be what you are looking for!

Emerald and Ruby Star projects provide leadership opportunities to 4-H members who wish to share skills and knowledge in any area of 4-H to help others.

To be eligible to apply for an Emerald Star project, members must have completed at least 2 years of 4-H and currently in their 3rd year of 4-H. Members must be at least 13 years of age by December 31st of the current 4-H year.

To be eligible for a Ruby Star project, applicants must have completed an Emerald Star project. The Ruby Star projects should be on a level above and beyond the type of leadership plans used for Emerald Star.

The committee that conducts the interviews appreciates projects that are fresh and new. An Emerald or Ruby Star project may focus on a specific project area or even community service. For more details see the Kings County 4-H website at: http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/

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.

4-H Madness

Thursday, September 28
Thursday Night Marketplace, Hanford
5:30–9:00 pm

Each club is asked to provide one project or hands on activity to showcase 4-H to the public. Contact your club’s CCL if you are interested in participating.

This event is designed for families to learn more about our 4-H program. Various projects will be showcased to show the public what is offered through 4-H.

Relay for Life

October 14 & 15
Hanford High

The Kings County 4-H Relay for Life team chaired by Michelle White is looking for help to support the team. The participation by 4-H members has been declining during the past year and more help is needed to man the booth, walk the track and support the members. This is a wonderful community service opportunity to count towards your 4-H Record Book.

Contact Michelle White to find how your club can help the Relay for Life team at mwhite2465@sbcglobal.net.

4-H Record Books

Record Books were judged for Record Book Medals and Project Medals at the club level this year. The Outstanding Record Books in the areas of Sheep, Dairy and Photography projects will be evaluated for the Brazil, Toledo and Perreira Outstanding Project Awards.

Achievement Night

Saturday, September 23rd
Awards Presentation 7:00 pm
Sierra Pacific High School Cafeteria

Members will be recognized for their Record Book & Project Medal awards, Officer Books, Toledo, Perreira & Brazil awards, Emerald Star, etc. Watch the September Youth Talk for more information.
Primary 4-H Members

Primary members are youth between the ages of five and eight, enrolled in the 4-H program. Primary members are 5 years old by December 31st of the program year. Youth who turn 9 on or after January 1st must participate as a primary member until June 30th of the program year.

Approved primary member animal projects are dogs, rabbits, cats, poultry, cavies, mice, embryology, marine science, pygmy, Nigerian and dwarf goats and therapeutic animal projects.

Fairs are open to primary members for exhibit only (item may be on display, but not judged). The use of Danish and American systems of judging is not acceptable for use with primary members. Primary members should only receive recognition for their participation.

Primary members must exhibit in shows and fairs based on their age as of December 31st of the 4-H program year regardless of when a fair, show or event is conducted during the calendar year.

Competitive events and activities are not appropriate for five–to eight-year olds. Young children have a difficult time psychologically understanding winning and losing. When children lose, they may relate negative feelings to their self-worth and identity. Competition is almost always linked to external awards and approval. In competitive settings, children begin to define themselves extrinsically. Being defined as a winner or loser is a weak foundation for their developing self-concepts.

♦ Primary members may not receive competitive ribbons purple, blue, red or white 4-H ribbons.

♦ Primary members may be encouraged to complete the state approved Primary Member 4-H Personal Development Report with assistance from their adult volunteer, parents/guardians or older members. This is the only record form for primary member use.

♦ Primary members cannot receive Star awards or participate in any other ranking systems.

♦ Primary members do not accumulate credits on the Personal Development Report Form that supports the star rank system.

♦ Primary members cannot receive premium or prize money.

♦ Primary members do receive stripe and pin for each primary year completed.

Regular 4-H Members

Regular members consist of Junior, Intermediate and Senior 4-H Members. Regular members must be 9 years old by December 31st of the program year and may continue in the program until December 31st of the calendar year in which they become 19 years of age.

Junior members are 9-10 years old
Intermediate members are 11-13 years old
Senior members are 14-19 years old

The 4-H year runs from July 1st to June 30th. Enrollment for the new 4-H year begins July 1st!
4-H State Presentation Day

State Presentation Day was on May 27th during State Field Day at UC Davis. Congratulations to the members below who presented at the event.

Amanda Curtis  Corcoran  Gold  ADHA, RLS, Yoga and Squirrels!
Hadley Garcia  Island  Gold  What Boys can Shoot Girls can Too!
Bailey VanVelson  Corcoran  Gold  From Farm to Table, The Process of Making Mozzarella
Kyndall Schakel  Corcoran  Gold  From Farm to Table, The Process of Making Mozzarella
Angelina Raulino  Island  Gold  Slime Making
Trista Fry  Oakvale  Gold  Udderly Fantastic
Grace VanVelson  Corcoran  Gold  How to Sew a Drawstring Backpack.

4-H State Shooting Sports Match

Congratulations to the members below who participated in the State Shooting Sports Match. The members shot the targets which were then sent to Siskiyou County for scoring. A big THANK YOU to their leader Gregg Chrissakis.

**Medalists**

<table>
<thead>
<tr>
<th>Medalist</th>
<th>Association</th>
<th>Event</th>
<th>Medal</th>
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<tbody>
<tr>
<td>Kason Meeks</td>
<td>Kings River</td>
<td>.22 Rifle Iron Peeps</td>
<td>Gold</td>
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<tr>
<td>Tyler Eller</td>
<td>Lemoore</td>
<td>.22 Rifle Iron Peeps</td>
<td>Silver</td>
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<tr>
<td>Tyler Eller</td>
<td>Lemoore</td>
<td>Competition Rifle</td>
<td>Bronze</td>
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<td>Tobin Gibson</td>
<td>Kings River</td>
<td>.22 Rifle Telescopic Scope-Prone</td>
<td>Silver</td>
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<tr>
<td>Tessa Nunes</td>
<td>Island</td>
<td>.22 Rifle Telescopic Scope-Prone</td>
<td>Gold</td>
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**Participants**

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<tr>
<th>Participant</th>
<th>Association</th>
<th>Place</th>
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<tr>
<td>Bruce Rhoades</td>
<td>Mid Valley</td>
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<tr>
<td>Courtney Rhoades</td>
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<td>Jayden Bracy</td>
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<td>Ashley Eller</td>
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<td>Hadley Garcia</td>
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<td>Abigail Hejmanowski</td>
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<td>Darren Jones</td>
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<td>Elliot Martin</td>
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<td>Garret Martin</td>
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<td>Cade Mello</td>
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<td>Darrin Putzel</td>
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<td>Dylan Putzel</td>
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<td>John Souza</td>
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<td>Garrett Stanley</td>
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<td>Hayden Watkins</td>
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<td>David Veldhuizen</td>
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<tr>
<td>Brody Vickers</td>
<td>Grangeville</td>
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<tr>
<td>Lauren Vickers</td>
<td>Grangeville</td>
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Mindfulness Retreat

November 3-5, 2017
Cambria Pines

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines developing their health and well being. Teens will not only increase their personal skills in leading a healthy lifestyle, but will also gain skills needed to be a health advocate in their communities. Additionally, as a registered participant you will have the opportunity to work on developing the 4-H Mindfulness project for 4-H primary members. Pre-registration will be required for this event. Information to register will be in the September Youth Talk.
State Management Board Updates

The Management Board is selling 4-H Spirit and 4-H Directional yard signs to raise funds for 2017-2018 area events and conferences. Join the Board in showing your love for 4-H. Click on Show your 4-H Pride for the order form.

The signs are 12”x18” plastic with yard stakes.

State Fashion Revue 2018

The State Fashion Revue Committee has announced the Challenge Categories and Community Service Projects for 2018.

Challenge Categories

See It, Sew It Challenge: garment/outfit gets its inspiration from a picture of the garment itself, or someone wearing it in a magazine, a catalogue, from a website, or even a store display.

Retro/Vintage Challenge: garment/outfit gets its inspiration from a certain era of fashion and is sewn in the Clothing and Textile project.

Community Service Projects

Linus Blankets – provide new, handmade, washable blankets to be given as gifts to seriously ill and traumatized children.

Ryan’s Case for Smiles - create and distribute whimsical cotton pillowcases that give children an emotional boost, helping kids with cancer and life-changing illnesses feel better to heal better.

The returning categories are Traditional, Upcycled and Consumer Science Purchased - $40. Full guidelines for the Challenge categories will be posted on the SFR website by August 20th.

Shooting Sports Workshops

Safety First Shooting Association
River Oaks Range, Winton
Cost $35.00 per person

Kings County Shooting Sports project is in need of more leaders to assist the great job Gregg Chrissakis has been doing. If you have an interest in sharing your Shooting Sports skills with youth, how about becoming a 4-H Shooting Sports adult volunteer or teen leader? There will be a variety of 4-H Shooting Sports leader certification trainings offered this fall. The classes will be held over a weekend format. You must be a 4-H leader or member and attend both days to receive certification to lead the shooting sports discipline of your choice at the project, club and camp levels. The cost includes a resource binder and light breakfast both days.

For more information go to http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/. Training will be held on the dates listed below.

**Rifle:** August 12 & 13 or November 18 & 19

**Pistol:** September 16 & 17 or December 9 & 10

Kings County currently does not a leader for the following disciplines.

**Shotgun:** August 12 & 13 or November 18 & 19

**Archery:** September 9 & 10 or December 9 & 19

**Western Heritage:** October 7 & 8 or January 6 & 7

**Muzzle Loading:** October 15 & 16 or January 13 & 14
State Scholarship Opportunities

Hispanic and Latino Students Scholarship Guide

Diamond Clover Award - This is the highest achievement for which a 4-H youth member or young adult volunteer is recognized. All youth members and young adults who achieve the requirements are eligible to receive this award. Awardees receive the California Diamond Clover Pin or Necklace Charm, a certificate and a recognition letter. Applications are accepted year round. Applications are reviewed by the 4-H Incentives and Recognition Advisory Committee and awarded quarterly.

Scholarships for Higher Education applications are due by 11:59pm on August 6th, 2017.
Golden Clover Award nominations are also due by 11:59pm on August 6th, 2017.

4-H Program Representative Position Vacancy Announcement
Kings County
Part-time position (50%)
Closing Date August 11, 2017

The UC ANR 4-H Youth Development Program is a statewide program delivered at the local county level. The Community Education Specialist 2 (CES 2) in Kings County is supervised by the County Director and/or the 4-H Youth Development Advisor (YDA). The CES 2 will coordinate and monitor the daily activities of the 4-H Youth Development Club Programs in Kings County; be responsible for fiscal oversight and monitoring compliance of 4-H Club enrollments; process facility use agreements; monitor compliance of 4-H policies and procedures; provide ongoing training and technical assistance to volunteers; and conduct evaluation to measure program effectiveness. The CES 2 will interact on a regular basis with the State 4-H Office.

Promote, in all ways consistent with the other responsibilities of the position, accomplishment of the Affirmative Action goals established by the Division.

To apply: https://jobs.ucop.edu/applicants/Central?quickFind=60589

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

Vacant UCCE 4-H Program Representative (50% time) 852-2743
tabatista@ucanr.edu
Tara Batista UCCE 4-H Youth Development Advisor 852-2739
ttabatista@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.
KINGS COUNTY 4-H MASTER CALENDAR
2017-2018 (PROPOSED)

July 2017
4 UCCE Office Closed- Independence Day
14-30 CA State Fair
20-23 State Leadership Conference UC Davis

August 2017
1 Council Meeting 7PM
1 Record Books due for County Judging
1 Year end reports and Officer books due

September 2017
4 UCCE Office closed-Labor Day
5 Council Meeting 7PM
23 County Achievement Night
26 Emerald & Ruby Star Entrance & Exit Interviews
28 4-H Madness @ Farmer’s Mkt.

October 2017
1 4-H Sunday
1-7 National 4-H Week
3 4-H Week Proclamation- Bd. Of Supervisors
3 Council Meeting 7 pm
14-15 Relay for Life
TBA Leadership Training (Officer/ Jr/Teen Ldr/LdrS)
31?? Council BBQ fundraiser

November 2017
5 State Record Book Judges Apps Due
7 Council Meeting 7PM
7 Food Olympics Planning Mtg. 6:00 PM
4-5 Mindfulness Retreat-Cambria
4 County Judging Day - 1:00 PM
10 UCCE Office Closed- Veteran’s Day
16 Emerald & Ruby Star Entrance & Exit Interviews
23-24 Thanksgiving Holiday-UCCE Office closed

December 2017
No Council Meeting
12/22-1/1 UCCE Office Closed- Christmas

January 2018
1 UCCE Office Closed - New Year’s Day
2 Council Meeting 7 pm
2 Fashion Revue Planning Meeting 6 pm
15 4H Fair Planning Meeting
18 UCCE Office Closed - Martin Luther King
27-29 Central Area Youth Summit (LCORT (info coming)

February 2018
6 Council Meeting 7 pm
19 UCCE Office Closed - President’s Day
24 Food Olympics

March 2018
1-4 Western Region Leader’s Forum, San Diego
2-4 Western Dairy Classic
6 Council Meeting 7 pm
10 Presentation Day (AM) & Fashion Revue (PM)
Kings County Farm Day
17 Color Me Green Run
20 Emerald & Ruby Star Entrance & Exit Interviews

April 2018
3 Council Meeting 7 pm
6-8 4-H Fair
13 All Star Candidate Application DUE
26 All Star Candidates Interviews
TBA Sec. Presentation Day (may not be held in 2018)

May 2018
2 Council Meeting 7 pm
Archery & Rifle Matches
24 Calendar Planning Meeting 6:30 pm
26 State Field Day
28 UCCE Office closed- Memorial Day

June 2018
No Council Meeting
15-18 Kings Fair
1-2 Record Book Workshop

July 2018
?? CA State Fair
?? State Leadership Conference

August 2018
7 Council Meeting 7PM
7 Record Books. Officer Books DUE

Calendar Committee is proposing to:
* Council BBQ- tri tip & rolls, new location & date
* County Judging Day to begin at 1:00 PM
* Hold Food Olympics as a stand alone event
* Hold Presentation Day & Fashion Revue on the same day
* Leaders & Sponsors Dinner to be held in October 2018 during National 4-H Week

Calendar will be approved at the August 1st Council meeting- Plan to attend!
BACK TO SCHOOL ALREADY?

While parents prepare to send their children back to school, they need to remember that nutrition plays a huge role in academic success. Multiple studies have shown that poor nutrition adversely effects school performance and overall achievement.

The best way parents can help their children nutritionally is by making sure they have a healthy breakfast. Suggestions about their breakfast, consists of a variety of foods, especially high-fiber and nutrient-rich whole grains, fruits, and dairy products. This may include:

- Fiber rich and whole-grain cereals with low fat milk
- Yogurt and berries
- Toast, eggs and 100 percent fruit juice
- Whole wheat bagels and cheese or eggs with low fat milk
- Be careful about what children drink. Even 100 percent juice is loaded with sugar. Encourage children to drink low fat white milk, or plain or sugar-free flavored water. Children should avoid drinks containing added supplements like herbs and caffeine.

In the rush to get your children to school, it’s important not to forget the value of preparing them a healthy lunch. Many studies have shown that children who eat healthy, balanced breakfasts and lunches aren’t just more alert throughout the day, they also earn better grades than those who don’t eat healthy. It isn’t as time consuming as it seems. You can follow these easy tips:

Switch white bread for whole grain: If sandwiches are a staple in your child’s lunch, the easiest way to make a change is to substitute whole grain bread for white. There are many varieties out there to please even the pickiest eater. You can also substitute flour tortillas with wheat ones and white pita with whole grain. Fill them with proteins like turkey slices and cheese. If your child prefers warm food in a thermos, you can fill it with brown rice, whole grain pasta and even oatmeal.

Pack a rainbow: Fruits and vegetables are great sources of nutrition. Make fruits and vegetables more interesting. Pack green and purple grapes or colorful berries, dried apricots, mangos, cut red and orange peppers into strips and send them with a fun dipping sauce like hummus or yogurt and send oranges already peeled and sliced. The prettier the presentation, the higher the chances are your child will reach for it.

Water, water, water: Juice may seem harmless, especially since the labels read things like “packed with fruit.” But juice adds a lot of unnecessary sugar and calories to your child’s diet. Consider rethinking what they drink and send a bottle of water along with, or instead of, the juice box. Not only does drinking water eliminate extra sugar from their diet, but it also keeps children from getting dehydrated throughout the day. Low-fat milk is also a good idea since it provides calcium and protein.

Think about temperature: Would you eat warm yogurt or cold rice? The temperature inside your child’s lunchbox is just as important as what is inside. Keep hot foods warm by sending them in a thermos, it helps if you first fill it with boiling water for two minutes to retain some heat. Keep cold items like cheese or hardboiled eggs cool by using ice packs. You can also use a refillable water bottle filled with ice cubes to keep things fresh, plus it will provide drinking water at the same time!

Plan ahead: Making a healthy lunch does take some thought, but the morning rush, when everyone’s trying to get out the door, isn’t the best time to get creative. Try to make a routine of packing some items the night before. Cutting up fruit, pre-making sandwiches, boiling whole grain pasta are all time-saving steps.