**YOUTH TALK**

**September 2017**

<table>
<thead>
<tr>
<th>AUG</th>
<th>EVENT/DEADLINE</th>
<th>INFO</th>
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<tbody>
<tr>
<td>4</td>
<td>Labor Day holiday</td>
<td>UCCE Office closed</td>
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<tr>
<td>5</td>
<td>Incentive &amp; Recognition Committee @ UCCE Office</td>
<td>Suite G 5:30 pm</td>
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<tr>
<td>5</td>
<td>Executive Council Board Meeting @ UCCE Office</td>
<td>Library 6:30 pm</td>
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<td>5</td>
<td>Council Meeting @ UCCE Office MP Room</td>
<td>7pm</td>
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<tr>
<td>15</td>
<td>Emerald/Ruby Star Applications DUE to UCCE Office</td>
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<tr>
<td>16 &amp; 17</td>
<td>Shooting Sports Workshop-Pistol @ River Oaks Range, Winton</td>
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<tr>
<td>20</td>
<td>Relay for Life Team Meeting @ UCCE Office Suite G</td>
<td>6:00 pm</td>
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<tr>
<td>23</td>
<td>Countywide Dog Meeting @ Kings Fairgrounds</td>
<td>2 pm</td>
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<tr>
<td>23</td>
<td>Achievement Night @ Sierra Pacific High School</td>
<td>7:00 pm</td>
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<tr>
<td>24</td>
<td>Countywide Pygmy Goat Meeting @ Garcia Residence</td>
<td>2pm</td>
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<td>26</td>
<td>4-H Sponsoring Committee @ UCCE Office MP Room</td>
<td>12 noon</td>
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<tr>
<td>26</td>
<td>Emerald/Ruby Star Interviews @ UCCE Office</td>
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<tr>
<td>26</td>
<td>Countywide Rabbit Meeting @ UCCE Office MP Room</td>
<td>6:30 pm</td>
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<td>28</td>
<td>4-H Madness @ Thursday Night Marketplace, Hanford</td>
<td>5:30-9:00 pm</td>
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<tr>
<td>29</td>
<td>Last day to set up window display for 4-H Week</td>
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4-H Enrollment for 2017-2018 is now open!

Please click on the link below to enroll for the 2017-2018 year.

![4hOnline](http://4honline.com)

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

Fees are to be paid at your club meeting. After you have paid your fees the community club leader will confirm your status.

Also in this edition.....

2- Council News
2- I & R Meeting
2- Volunteer Leader On line Training
2- Did You Know?
2- 4-H Program Fee Waivers
2- 4-H Window Display Contest
3- Achievement Night
3- 4-H Madness
3- Relay for Life Meeting
4- Celebrate National 4-H Week
4- Emerald & Ruby Star
5- Countywide Projects
5- 2018 Washington Focus Trips
5- 4-H Mini Grants
5- Join Kings Co. 4-H on Facebook!
6- Tractor Supply Paper Clover
6- Central Youth Summit (LCORT)
6- Mindfulness Retreat
7- ORB Training Online
7- State Fashion Revue
7- Shooting Sports Workshop
8- 4-H Club News
8- Shooting Sports National Championships
8- UCCE Office Contacts

Insert – 2017-18 Approved Calendar
Insert- Achievement Night
Insert- 4-H Madness
Insert- Relay for Life
Insert – Healthy Tips

Deadline
4-H News articles due for Youth Talk – September 22nd
Please send all articles to ~ tlevangelo@ucanr.edu
Council News
The next council meeting will be:

**Tuesday, September 5th**
7:00 pm
UCCE Office Multi-purpose Room

Host Club: Kings Harvest

Topics for discussion at the September meeting will include: Achievement Night, 4-H Madness, Council BBQ, etc.

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

Volunteer Leader Online Training

*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 min.)
- B. Abuse Risk Management for Volunteers (15 min.)

**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 min.)
- C. Toward an Interculturally Connected 4-H (60 min)
- D. Abuse Risk Management for Volunteers (15 min.)

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

4-H Program Fee Waivers

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.

[Fee Waiver Information](#)

[Fee Waiver Forms](#)

We are thankful for the Kings County 4-H Sponsoring Committee's contribution toward lowering the program fee cost for our members.

Did You Know?

Kings County 4-H Calendars will be given to the CCL's to be distributed to all members at their club meeting. The calendars have information for our annual events and activities.

These calendars are a great tool to organize your 4-H activities. It will help you keep track of your project meetings and other events. You could also use it to record the purchases you make for your projects and awards you receive at events. This information will help you complete your record book at the end of the year.

Incentives & Recognition Committee Meeting

**Tuesday, September 5th**
5:30 PM
UCCE Office – Ste. G

The I & R Committee will meet prior to Council to discuss changes to the All Star program, Club Program Planning Guide, Tractor Supply Scholarships. Everyone is invited to attend these committee meetings but each club should have a designated representative that can regularly attend.

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

Join the Kings County 4-H All Stars in an “Out of this World” experience at the Annual Kings County 4-H Achievement Night. Members will be recognized for Record Book & Project Medal awards, Officer Books, Toledo, Perreira & Brazil awards, Emerald Star, etc.

The evening will be capped off with a yummy Ice Cream Social and fellowship with your fellow 4-H members and families. More information is on the flyer in the back of the *Youth Talk*.

4-H Madness

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

This event is designed for families interested in learning more about 4-H with the possibility of joining as well as families to learn more about projects available in 4-H, and to have FUN! This will be a kickoff to National 4-H Week which starts October 1st.

*Help is needed*....

- 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.
- Sign up to be a presenter to share project information about your favorite project or lead a hands-on activity.

4-H Madness Entry Form  
4-H Madness Guidelines & Information

If you are interested in chairing this event please contact the UCCE Office at 852-2731.

Relay for Life Team Meeting

September 20th
6:00 pm  UCCE Office

The Kings County 4-H Relay for Life team 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.

Sign up to be a member of the team:

http://main.acsevents.org/goto/Kings4-H

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

4-H for Hope Flyer

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Celebrate National 4-H Week
October 1st—7th

Theme: #True Leaders

The first week of October is National 4-H Week, a time to celebrate the nation's largest youth organization and how 4-H helps create responsible youth, strong families and connected communities. Share your 4-H spirit by posting your 4-H pictures on Facebook, Twitter or Instagram using #True Leaders and #4HGrown.

**Street Banners**

Kings County 4-H will hang banners over the main streets in Hanford, Lemoore and Corcoran. Stop, take a picture and email it to tlevangelo@ucanr.edu. Post the picture on a social media site using the hashtags above.

**Window Display**

Celebrate National 4-H Week by creating a display to advertise 4-H. Clubs may enter as a club or as individual project groups. Once your display is in place, take pictures and submit to the UCCE Office via email to tlevangelo@ucanr.edu by October 14th. 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 the 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.

**4-H Sunday**

*St. Brigid’s Church*  
10:00 am  
1001 N. Douty, Hanford

All 4-H members are invited to join in the celebration of 4-H Week by attending a service at St. Brigid’s Church. Gianna & Christiana Warmerdam have taken the leadership of 4-H Sunday and are in need of readers and gift bearers. Contact Christiana at 904-8202 if you would like to participate. Please wear your 4-H uniform or 4-H shirt. Plan to meet outside of church at 9:45 to march in together.

**Board of Supervisors Presentation**

On Tuesday, October 3rd at 9 am, the Kings County Board of Supervisors will present a proclamation declaring 4-H Week in Kings County to the 2017-2018 All Star Candidates.

**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/](http://cekings.ucanr.edu/Kings_County_4-H_Program/Adult_Volunteers/)
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.
Mindfulness Retreat

November 3-5, 2017
Camp Ocean Pines, Cambria
Registration ends October 1st

Online Registration

Teens ages 13-19 and adults are welcome to spend the weekend at beautiful Camp Ocean Pines in Cambria 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.

More information is available at:
http://4h.ucanr.edu/Projects/HealthyLiving/Mindfulness/

Central Youth Summit (LCORT)

~SAVE THE DATE~

Central Youth Summit
Leading the Pack

Central Youth Summit is the new name for LCORT. It will be held January 26-28 at Wonder Valley Ranch in Sanger.

Members attend workshops engaging 4-Hers in learning opportunities to increase their leadership, citizenship and public speaking abilities. There will be fun recreational and social activities allowing members to network with others from around the state.

The registration will be available at a later date. The fee to attend is $150.00. Kings County 4-H Council offers 8 scholarships that pay 1/2 of the fee to members who have not previously attended. Members must apply and submit their record book.

The CYC committee is currently recruiting youth ages 15 & older to present a workshop. If you are interested, complete this survey by September 15.

The workshop are 30 minutes and will be repeated 12 times during the weekend for an audience of 20-25 each time.

Tractor Supply Company
Paper Clover Fundraiser

October 4-15

Join the Paper Clover Fundraiser at the Tractor Supply Company in Hanford, Oct. 4-15! Donate $1 during checkout to support 4-H.

Kings County 4-H earned $608.40 in the Spring Paper Clover fundraiser.

During the semi-annual event, friends and family are also invited to support 4-H by donating $1 at check out when they are done shopping. 100% of each dollar goes to 4-H. 90% of all funds collected support local and state 4-H programs, while 10% supports the National 4-H program. Funds received will provide scholarships for members to attend camp and leadership conferences.

Clubs are encouraged to participate with table displays, animal exhibits. Contact the UCCE office if your club would like to participate with a display at the store. For more information visit: Tractor Supply Company

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**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 are posted on the SFR website: [http://4h.ucanr.edu/4-H_Events/SFD/SFR/](http://4h.ucanr.edu/4-H_Events/SFD/SFR/)

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**4-H Online Record Book (ORB)**

**ORB Internet Café Training Online**-

Want to learn how to better use the CA 4-H Online Record Book? The State 4-H Office will be hosting 2 online opportunities to learn ORB for staff, volunteers and youth members. This is the same training that has been offered live in counties over the past few years but now you can access from the comfort of your own home! Unable to attend either date? Not a problem, the training will be posted on our 4-H Youtube page following each training.

The live virtual training will take place on:

- **Saturday, October 14, 2017 from 9am-noon**
- **Saturday, January 13, 2018 from 9am-noon**

Pre-registration is not necessary! Check out the [flyer](#) here for login instructions.

[ORB Support Website](#) is filled with both written instructions and "How to" videos to help you navigate using the CA 4-H Online Record Book.

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**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/](http://4h.ucanr.edu/Projects/STEM/SET_Projects/ShootingSports/). Training will be held on the dates listed below.

**Rifle**: November 18 & 19

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

**Shotgun**: 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
Happy New 4-H Year!
On August 21st, Kings River 4-H Club had its first meeting. It started like any other meeting would, with the Pledge of Allegiance and the 4-H Pledge. Then came the Installation of New Officers. The names of the new Officers are:

President: Brandi Garcia
Vice President: Ragan Jessup
Secretary: Regan Valov
Treasurer: Rory Valov
Sargent of Arms: Garret Martin and Helena Shoemaker
Recreation Leaders: Kason Meeks and Gianna Warmerdam

After the Installation of New Officers, the 4-H members went outside with the Recreation Leaders to play a game while Club Leader Lilly Pimentel talked to the parents. After the club members came inside, the new president, Brandi Garcia, talked about some stuff regarding the new year. After that, the meeting was adjourned. Hope you have a good rest of the month, 4-Hers!

Submitted by
Gianna Warmerdam, Reporter

Note to Club Reporters
Let us know what great things your club is doing. Submit a report to the Youth Talk every month with the exciting things happening in your club. The due date for club reports is on the front page of the Youth Talk. The news article doesn’t have to be a report just of your monthly meeting ~ did a member have a memorable experience in a project, did someone win a special award, we want to celebrate with you. Check out these guidelines for great tips on writing an article:

Guidelines for Submitting and Writing News Articles for the Youth Talk

4-H Shooting Sports National Championships

June 24 - 29, 2018
Grand Island, NE

Applications are now being accepted for the 2018 4-H Shooting Sports National Championships in Grand Island, Nebraska. The applications and a list of expectations of potential California 4-H members wishing to participate in the event can be found at:

http://4h.ucanr.edu/?calitem=380208

Applications are due online or at the State 4-H Office by October 1, 2017. The online application can be accessed at:

https://ucanr.edu/survey/survey.cfm?surveynumber=21623

Additional information regarding the 2018 4-H Shooting Sports National Championships can be found at:

http://www.4-hshootingsports.org/nat_invite.php

University of California Cooperative Extension Kings County 4-H Contacts

Vacant  UCCE 4-H Program Representative  (50% time)  852-2743
Vacant  UCCE 4-H Youth Development Advisor  852-2739
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 (APPROVED)

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/Ldr/s)

November 2017
1 Council Drive Thru Dinner 4-6 pm
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/ 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 4-H Fair Planning Meeting
18 UCCE Office Closed- Martin Luther King
27-29 Central Area Youth Summit (LCORT (info coming)

February 2018
6 Record Book Workshop
19 Council Meeting 7 pm
19 UCCE Office Closed- President’s Day
24 Food Olympics-AM & Presentation Day-PM

March 2018
1-4 Western Region Leader’s Forum, San Diego
2-4 Western Dairy Classic
6 Council Meeting 7 pm
10 Fashion Revue
15 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
28 Central Area Presentation Day-Kern County

May 2018
2 Council Meeting 7 pm
24 Calendar Planning Meeting 6:30 pm
28 UCCE Office closed- Memorial Day

June 2018
2 State Field Day
No Council Meeting
7-10 Kings Fair
Record Bock Workshop

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

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

Dates are subject to change
Kings County 4-H is out of this world

2017 Achievement Night

Join the Kings County 4-H Program in celebrating the accomplishments of our 4-H members.

When: September 23, 2017
Where: Sierra Pacific High School Cafeteria
1259 13th Avenue ~ Hanford
Time: 7 pm Awards
Ice Cream Social to follow the awards program
4-H MADNESS

Celebrate the Possibilities

September 28, 2017
5:30-9:00 pm
Thursday Night Marketplace-Hanford
Call 559-852-2730 for information

Learn what 4-H is about
Project displays, hands-on activities

University of California
Agriculture and Natural Resources  4-H Youth Development Program
Kings County 4-H
“4-H for Hope”

Relay for Life

Saturday, October 14—15, 2017
Hanford High School

Event starts @ Noon on 10/14 and ends @ 9:00 am 10/15

To join our team go to: http://main.acsevents.org/goto/Kings4-H

For more information, contact Team Captain, Michelle White at 381-2975 or email: mwhite2465@sbcglobal.net

4-H Clubs/Members can help in the following ways:

- **Members and adults sign-up as team members, collect donations for the team, attend committee meetings, and come out to walk the day of the event.**
- Clubs sign-up for a sub-committee at Council Meeting.
- Clubs can sponsor 1 or more members of your club as team members (team members are asked to raise $100 for the team).
- Purchase and/or sell luminaries.
- Donate items such as water, Gatorade, juice, snacks, etc. to sell the day of the event.

Team Committee Meetings to be held at 6:00 pm @ UCCE Office on below listed dates:

- Wed., August 30th
- Wed., Sept. 20th
- Wed., Oct. 4th
PAPER CLOVER
OCT. 4 - OCT. 15
FOR 4-H CAMP & LEADERSHIP EXPERIENCES

DONATE AT CHECKOUT
SEND KIDS IN YOUR STATE TO 4-H CAMP & OTHER LEADERSHIP EXPERIENCES

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September is Whole Grains Month so
“Make Half Your Grains Whole!”

Eating grains, especially whole grains, provides health benefits. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases like heart disease. Grains provide many nutrients that are vital for the health and maintenance of our bodies including dietary fiber, several B vitamins (thiamin, riboflavin, niacin, and folate) and minerals (iron, magnesium and selenium). The amount of grains you need to eat depends on your age, sex and level of physical activity. As a general rule it’s approximately 6-one ounce servings.

What foods are in the Grains Group?

Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples. Grains are divided into 2 subgroups. Whole Grains and Refined Grains. Whole grains contain the entire grain kernel – the bran, germ, and endosperm. Examples of whole grains include whole-wheat flour, bulgar, oatmeal, whole cornmeal and brown rice. Refined grains have been milled, a process that removes the bran and germ. While this process give grains a finer texture it removes dietary fiber, iron and many B vitamins.

How can you tell if you are buying whole grains?

Consumers searching the grocery aisles for whole grain foods have an effective search tool – the WHOLE GRAIN STAMP. These stamps feature a sheaf of grain on a golden-yellow background with a bold black border. This eye-catching design makes the Whole Grain Stamp easy to spot on food packages. This shortcut makes it easier to find products that offer at least a half serving of whole grains.

There are two different varieties of the stamp – The basic stamp and the 100% stamp.

- If a product bears the 100% stamp, then all its grain ingredients are whole grains. There is a minimum requirement of 16g (16 grams) a full serving of whole grain per labeled serving for products using the 100% stamp.

- If a product bears the Basic stamp, it contains at least 8g (8 grams) a half serving of whole grain, but it may also contain some refined grain. Even if a product contains large amounts of whole grain (23g, 37g, 41g, etc) it will use the Basic stamp if it also contains extra bran, germ or refined flour.

Each stamp also shows a number, telling you how many grams of whole grain ingredients are in a serving of the product. With the Whole Grain Stamp you don’t need to study ingredients or count grams and ounces to meet the whole grain goals. The stamp makes it easy to get your recommended three servings or more of whole grains each day.

Contributed by the University of California, CalFresh Nutrition Education Program