

Healthy Living Challenges - February Meeting

Officer: Greyson Braden

As a reminder, this year, we are looking at two aspects: eating healthy and moving our bodies.

Both the recipes and the physical challenges below are optional, but we would love to see as many people as possible participate. When you complete either activity, please take a picture of yourself with the item and email it to 4h. The names of those members that participate will be entered into a drawing that will be conducted at the next club meeting. If you do both activities, your name will be entered twice. I ask that you send your photos no later than one week before the meeting so that I have enough time to look them over and write your names out for the drawing.

February Meeting Challenges - Photos due Monday, March 9th

Theme: **St. Patrick's Day**

Physical Challenge: **Design a Leprechaun Trap (*real-life or paper design*)**

Recipes: **Rainbow of Healthiness, 4h-Leaf Clover Snacks**

Recipe Option 1 - Beginning Baker



Rainbow of Healthiness

(Recipe created by Greyson)

Ingredients

- 1 Red apple, sliced
- Handful of baby carrots
- 1 banana, sliced
- 1 cucumber, sliced
- Handful of blueberries
- Handful of grapes
- Handful of corn nuts (for the "gold")
- Handful of black olives (for the "pot")

*Substitute any of fruits or veggies that are the color of the rainbow

*Use any black and gold snacks for the pot of gold

Directions

1. Wash and slice all the fruit/veggies (have a parent help slice if needed)
2. Gather a big plate or a large piece of parchment paper

3. On the plate or parchment paper, arrange your fruits/veggies in the shape of a rainbow
4. Place the olives and corn nuts at the end in the shape of a pot of gold
5. **Be creative and have fun**

Recipe Option 2 - Culinary Creator (Advanced)



4h-Leaf Clover Snacks
(Recipe created by Greyson)

Ingredients

4 big leaves from iceberg lettuce

1 green pepper

1 cucumber

1 broccoli crown

2 large celery stalks

Ranch dip

*Or swap out any of the veggies for other greens

Directions

1. Find a large plate
2. Wash veggies
3. Pull off 4 large leaves of lettuce (small bowl size) and place them in a clover shape on the plate
4. Cut up the broccoli to your liking and put it in one of the lettuce “bowls”
5. Repeat that process with the cucumbers, green peppers, and celery (Save one long piece of celery.)
6. Use the extra piece of celery for the “stem” of the clover. Fill it with ranch or another dipping sauce of your choice.