

-Suisun Valley 4-H Newsletter-

-November 2023-



➤ Next Meeting: December 11, 2023

Flag salute & 4-H Flag:

- Announcer:
- American Flag:
- 4-H Flag:
- Follow American:
- Follow 4-H:

-Meeting dates-

(Save the date)

- Registration night: August 21
- Meeting #1: September 18, 2023
- Meeting #2: October 16, 2023
- Meeting #3: November 13, 2023
- Meeting #4: December 11, 2023
(Holiday party!)
- Meeting #5: January 22, 2024
- Meeting #6: February 12, 2024
- Meeting #7: March 18, 2024
- Meeting #8: April 15, 2024
- Meeting #9: May 20, 2024

-Important Information-

- Please bring new pairs of **socks** for the homeless next meeting!
- **January 21st:** Countywide Food Festival
- **November 18:** Funky Chicken Rescue community service

-Community Pride-



The George Family will be collecting new packaged toys and books for November community pride! Please bring donations to our next club meeting!

-Sock Donation-

- Please bring new pairs of socks for the homeless next meeting!



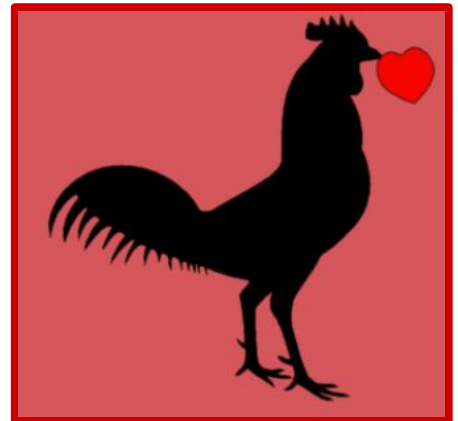
- Save the date: Countywide Food Festival-

- The Countywide Food Festival happening on January 21st. We please ask all project leaders to **avoid** scheduling project events during the Countywide Food Festival.



-Funky Chicken Rescue-

There is an great community service opportunity at Funky Chicken Rescue on November 18 from 10-12. If you are interested please make sure to RSVP to Grace Kemble at skyswimmer19@gmail.com



November Healthy Living

NOVEMBER HEALTHY LIVING CHALLENGE
#OPT OUTSIDE

Click [HERE](#) to see the Healthy Living Challenge video for this month!

Each month is a new chance to get healthy and win a gift card to help you make healthy choices all year long. Here's how it works, each month I will give you a new Healthy Living Challenge.

As you complete the challenge, snap a photo, and then send that photo to:

eusticehome@gmail.com along with your name.

Your photo will be featured in the following month's flier as a *Healthy Living Challenger* (see following page) **and** you'll be entered in the monthly drawing for a \$10 gift card to a business that has healthy choices! The November winner will be announced at the December club meeting. The more monthly fitness challenges you complete through the year, the more chances you have to win and to keep making healthy choices every day!

Photos are due by December 4th



November Healthy Living Recipe

Don't push your side dishes to the side; they can help keep you healthy!

Cranberries- Have a dentist appointment soon? Cranberries have a-type proanthocyanidins that prevent cavities.

Pumpkin- Want to have good eyesight? Pumpkin has beta carotene to help your vision.

Green Beans- Feeling tired? Green Beans have iron to help prevent anemia.

Sweet Potatoes- Feeling full after your big meal? Sweet Potatoes help digestion.

Butternut Squash- Want a healthy blood pressure? Butternut Squash helps keep your blood pressure in check.

Carrots- Want more energy? Carrots B6 help convert food into energy.

Brussel Sprouts- Feeling grumpy? Brussel Sprouts have fiber to help gut bacteria and keep your mood positive.

Collard Greens- Want strong bones? Collard Greens have Vitamin K to help absorb calcium.

Pomegranates- Touch football game? Pomegranates help elevate your endurance.

Oranges- Tired of germs? Oranges have anti-inflammatory and antiviral properties.

Apples- Want to outsmart your friends? Apples help your brain function and memory.

Pecans- Long day with family? Pecans have protein to keep you alert and moving.

Walnuts- Want to have a healthy heart? Walnuts are the only nut with high ALA levels that help boost heart health.

October's Healthy Living Challengers!

