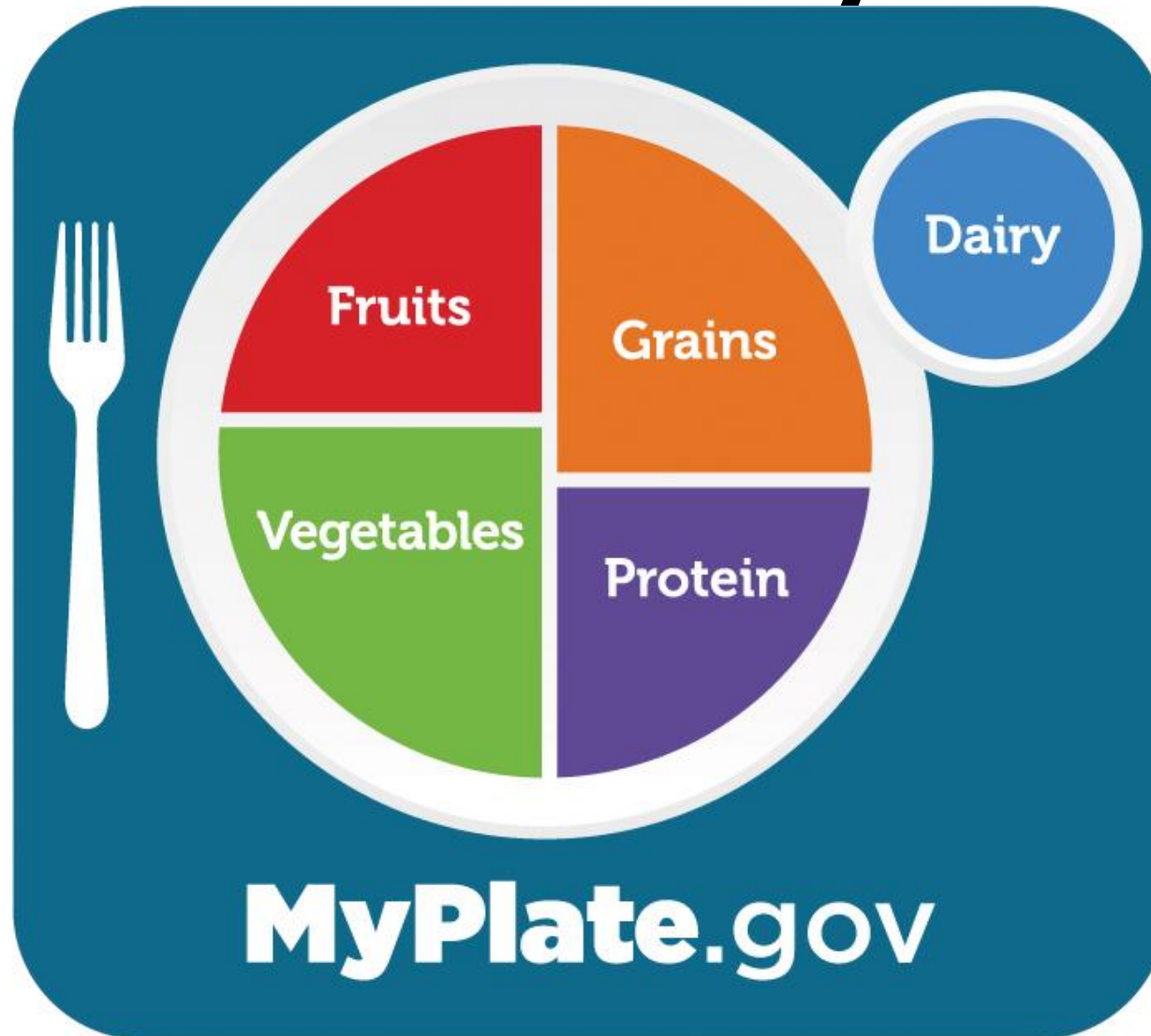
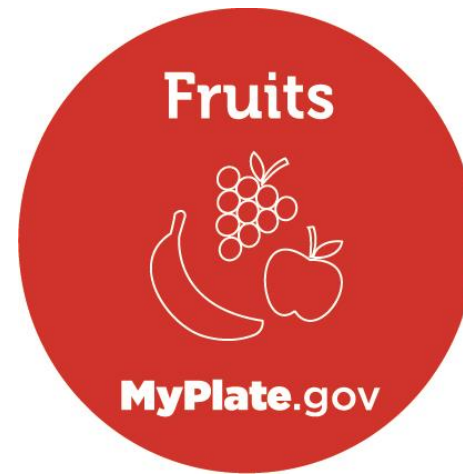


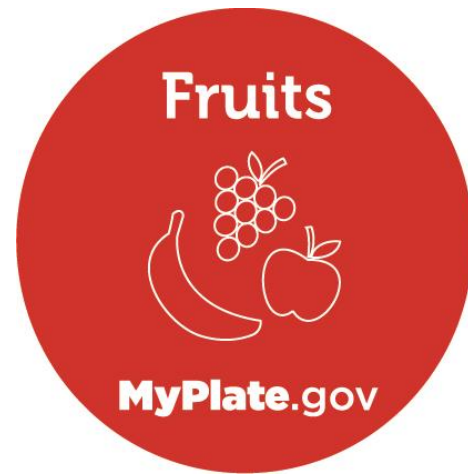
What is on My Plate?





- Fuel up with fruits at meals or snacks
- Youth 9-13 years old need 1 ½ cups of fruit a day
 - Choose fresh fruits
- Make sure juice is 100% fruit juices
 - Frozen fruit is ok





Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?

Fruit Cups or canned fruit in fruit juice OR syrup





- Color your plate with great tasting veggies
- Youth 9-13 years old need 2 ½ cups of vegetables a day
- Try to eat more dark green, red and orange vegetables
- Choose canned vegetables with no salt added, or frozen vegetables



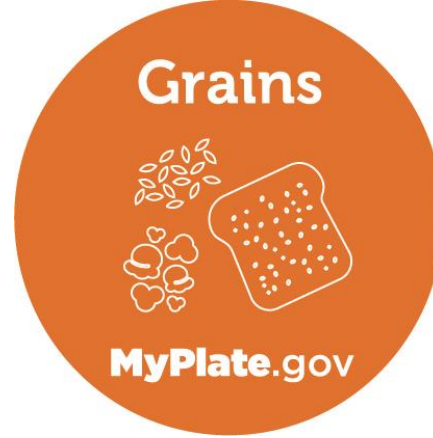


Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?

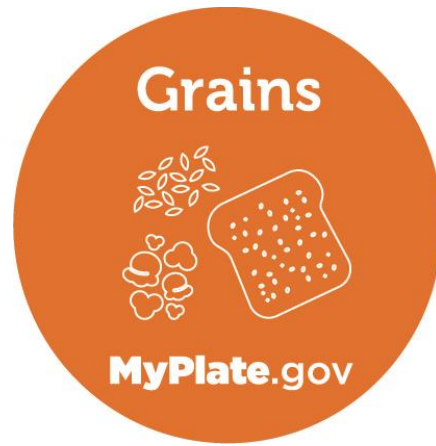
Vegetables: Fried or Grilled/Baked?





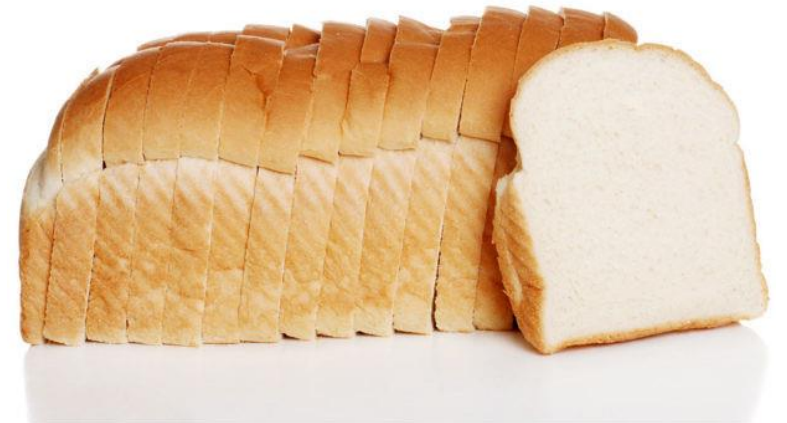
- Make at least half your grains whole grains
 - Youth 9-13 years old need 3-6 ounces of grains a day
- 1 slice of bread, 1 cup of ready-to-eat cereal, or ½ cup of cooked rice, cooked pasta, or cooked cereal = 1 ounce-equivalent from the Grains Group
- Choose whole-grain foods such as whole wheat bread and tortillas, brown rice oatmeal and popcorn more often





Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?
Wheat Bread or White Bread?





- Vary your Protein foods
 - Youth 9-13 years old need 5 ounces of protein a day
- 1 ounce of meat, poultry or fish, $\frac{1}{4}$ cup cooked beans, 1 egg, 1 tablespoon of peanut butter = 1 ounce-equivalent from the Protein Foods Group
 - Try fish, shellfish, beans and peas more often
 - Grilling and Baking meat is healthier choice than frying
- Beans and peas are in both Vegetable and Protein Food Groups



Stand Up for Healthy Choice Challenge!

Which is a Healthier Choice?
Grilled Chicken or Fried Chicken?





- Get your calcium-rich foods for strong bones and healthy teeth!
 - Youth 9-13 years old need 3 cups of dairy foods a day
- 1 cup of milk, yogurt, or soy milk, or 1 ½ ounces of natural cheese = 1 cup from the Dairy Group
 - Choose fat free or low fat





Stand Up for Healthy Choice Challenge!

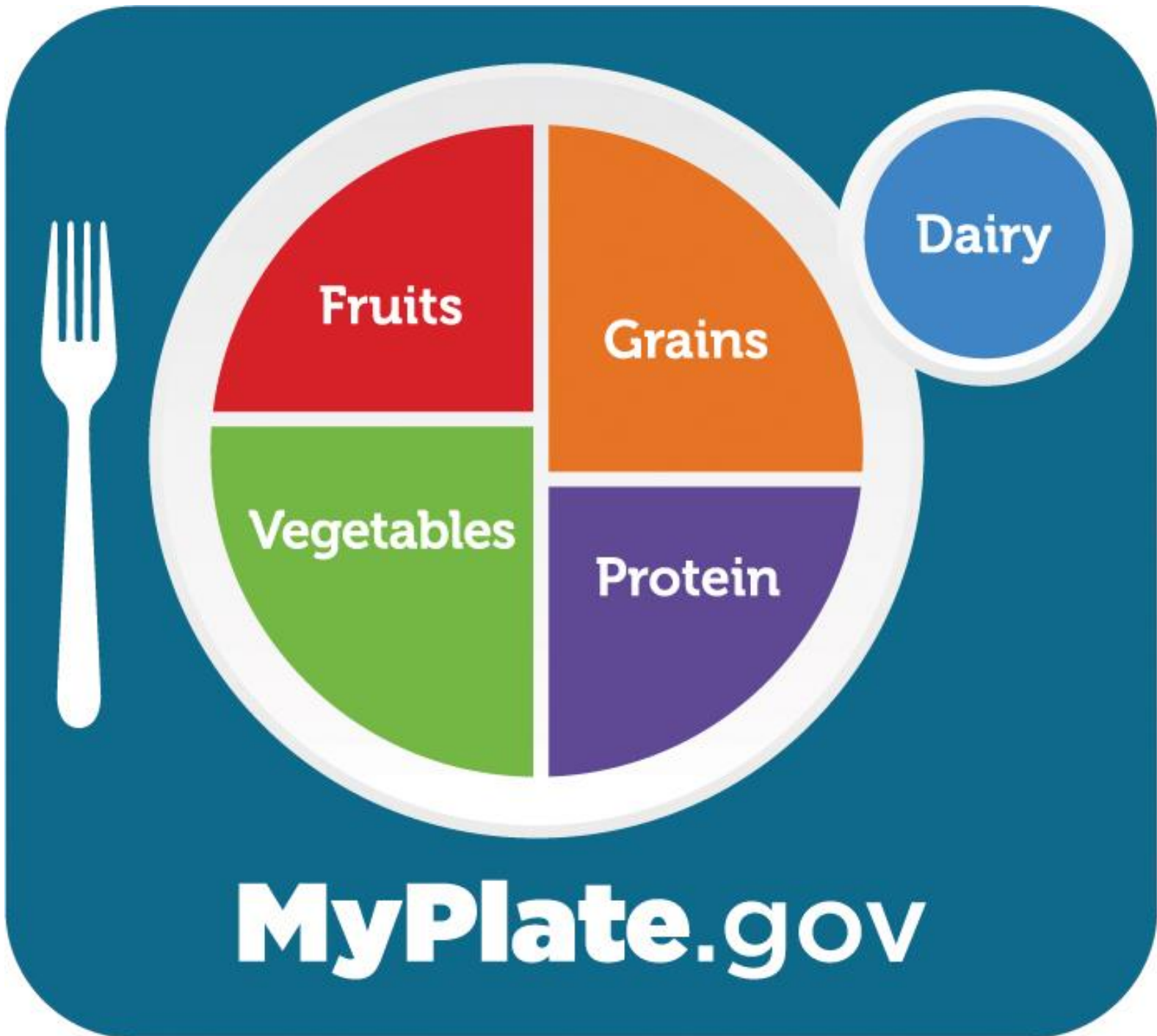
Which is a Healthier Choice?
White Milk or Chocolate Milk?





- Know your “sometimes” foods that have added sugars or solid fats
- Examples: candy, cake, cookies, chips, ice cream, soda, fruit punch, hotdogs
 - Don't have room for healthy food if eat these
 - Choose these once in a while not everyday





Fruits

Grains

Vegetables

Protein

Dairy

MyPlate.gov



Old Food Label

Nutrition Facts			
Serving Size 2/3 cup (55g)			
Servings Per Container 8			
Amount Per Serving			
Calories 230		Calories from Fat 70	
		% Daily Value*	
Total Fat 8g			12%
Saturated Fat 1g			5%
<i>Trans</i> Fat 0g			
Cholesterol 0mg			0%
Sodium 160mg			7%
Total Carbohydrate 37g			12%
Dietary Fiber 4g			16%
Sugars 12g			
Protein 3g			
Vitamin A			10%
Vitamin C			8%
Calcium			20%
Iron			45%
* Percent Daily Values are based on a 2,000 calorie diet. Your Daily Value may be higher or lower depending on your calorie needs.			
	Calories:	2,000	2,500
Total Fat	Less than	65g	80g
Sat Fat	Less than	20g	25g
Cholesterol	Less than	300mg	300mg
Sodium	Less than	2,400mg	2,400mg
Total Carbohydrate		300g	375g
Dietary Fiber		25g	30g

New Food Label

Nutrition Facts	
8 servings per container	
Serving size	2/3 cup (55g)
Amount per serving	
Calories	230
	% Daily Value*
Total Fat 8g	10%
Saturated Fat 1g	5%
<i>Trans</i> Fat 0g	
Cholesterol 0mg	0%
Sodium 160mg	7%
Total Carbohydrate 37g	13%
Dietary Fiber 4g	14%
Total Sugars 12g	
Includes 10g Added Sugars	20%
Protein 3g	
Vitamin D 2mcg	10%
Calcium 260mg	20%
Iron 8mg	45%
Potassium 240mg	6%
* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.	

Want to help send students to 4-H Camp?
Checkout ACC 4-H's latest fundraiser!

Got Honey? Fundraiser

- The Athens-Clarke County 4-H Fall Fundraiser where you can purchase an assortment of honey products online.
- 50% of the profit is donated to the 4-H Camp Scholarship fund. Products include different types of Honey, Honey-based sweets, snacks, and Beeswax candles.
- Perfect for Honey lovers, and gifts for the upcoming holiday season.
- The Fundraiser ends on **11/24/23** the day after Thanksgiving.
- The pick-up location will be at the Athens-Clarke County Cooperative Extension Facility located at 275 Cleveland Road near the GA Square Mall. Link and QR code below to shop.

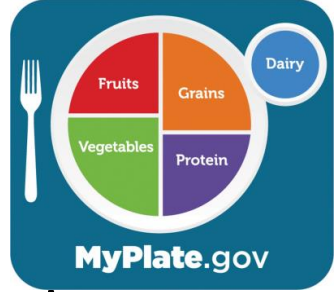
<https://www.gothoneyfundraising.com/pages/athens-clarke-county-4h-fundraiser>





4-H Healthy Living Drawing Contest

Due at School by Friday, December 8 (before next 4-H program)



Here's another opportunity to show your knowledge on being healthy and win a prize too. Create a poster using the theme "Healthy Living".

Follow the contest rules listed below:

1. The poster must portray healthy choices people make in their daily lives.
2. No need to buy special poster paper, regular 8.5 x 11 inch paper is fine.
3. Use any artistic media (crayons, colored pencils, markers, etc.) that you choose as long as your poster is flat.
4. Complete and turn in your poster to your teacher no later than December 9.
5. Be creative and have fun!

Posters will be judged on creativity, accuracy of information and visual appeal. Each poster will earn your class 25 points for club of the month competition. Winners will be announced in the January newsletter.



Pumpkin Contest Winners

Athens-Clarke County 4-H received some very creative submissions from Athens-Clarke County 5th grade students. The Judges were very impressed with the art submitted.

Pumpkin winner: Lia Balde: Timothy Road Elementary School

Paper Drawing Winner: Aurelia Dewald: Barnett Shoals Elementary School



4-H Holiday Card Contest Winners



Athens-Clarke County 4-H received some very creative submissions from Athens-Clarke County 5th grade students for the 4-H Holiday Card Contest. The Judges were very impressed with the over 200 art submissions. Due to this two Winners were chosen!

Makaylen Lumpkin: HB Stroud Elementary School

Matas Foley: St. Joseph Catholic Parish School



Project Fun Day! (CPA)

Saturday, February 10 at 9:30am-12pm
Athens-Clarke County 4-H Extension Facility

<https://www.youtube.com/watch?v=9jhfxp17gxI>



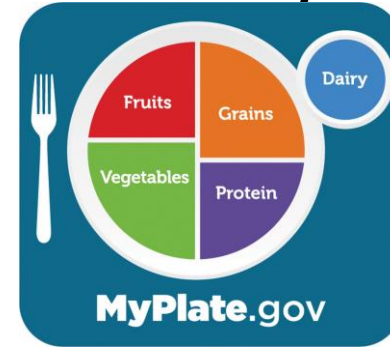
- To compete in this activity, students can sign up in their classroom or have Parent contact Ms. Conway at ebarber@uga.edu
- Students will choose a topic from the Project List, prepare an informative presentation with visuals and then present speech at Athens-Clarke County 4-H Extension Facility on February 10
- Winners from the CPA competition in February may compete at District Project Achievement (DPA) in Jackson County on March 23
- Only students who participate at the district competition (DPA) in March may apply for the need-based scholarships to reduce the cost of 4-H Summer Camp held at Rock Eagle in June.



Upcoming 4-H Activities



- **4-H Healthy Living Drawing Contest:** Due at School by Friday, December 8 (before next 4-H program)



- **County Project Achievement (CPA):** Sign up with Teacher or have Parent e-mail Ms. Conway; Saturday, February 10 at 9:30am-12pm at ACC 4-H Extension Facility; First step in Summer Camp scholarship process



4-H Pledge



I pledge:

my HEAD to clearer thinking

my HEART to greater loyalty

my HANDS to larger service and

my HEALTH to better living

for my club, my community, my country and
my world