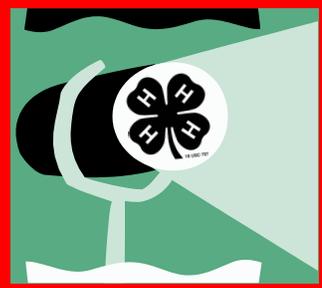




# FOUR C'S TO SUCCESSFUL CLUB PROJECTS



Finding the time to have your 4-H club members complete a project together, might seem like an overwhelming task. Think outside the box and look at club projects from a different perspective. Try these four C's to successful club projects:

**Commitment.** Have youth brainstorm a list of possible club projects. You may want to set some parameters or limit topics depending on the resources that you have. Let the youth prioritize the list and vote on the one that best fits your members ages and interests. This will give both youth and leaders a commitment to implement the club project by setting aside time during the meetings to work on it. Members and their families will feel more confident that 4-H is "learning by doing". They will also appreciate having one or more fair exhibits completed.

**Classroom.** In most of the project areas, the 4-H curriculum materials are set up so that the youth and the leader(s) can set project goals and identify leadership and learning experiences that could be done together. Use the lessons with the suggested activities. The work is done for you as a "classroom" leader.

**Community Based Service Learning.** Think of ways you can take the club project learning and link it to your community. This is known as service learning. For example the Creepy Crawlies Entomology #1 curriculum could be a club project learning about insects. Youth could do some research to find out a community need. Perhaps the local library needs help with story time for young children. Youth could read a story about insects, hold insect Olympics, make insect puppets or "bug" snacks for the story hour activity. Suddenly they have transferred the entomology learning to helping others, life skills, teamwork, a sense of citizenship and more.

**Celebrate.** Encourage club members to share new and exciting things they learned in the club project. Make a completion certificate for each member or have an achievement celebration. Check off the club project on the Nebraska 4-H Clubs of Excellence standards. Take photos and share them with your local newspaper or county Extension website. Celebrate your club project accomplishments!

UNIVERSITY OF NEBRASKA-LINCOLN EXTENSION



SPOTLIGHT  
ON 4-H!



Extension is a Division of the Institute of Agriculture and Natural Resources at the University of Nebraska-Lincoln cooperating with the Counties and the United States Department of Agriculture.

The 4-H Youth Development program abides with the nondiscrimination policies of the University of Nebraska-Lincoln and the United States Department of Agriculture.

## Inside this issue:

Healthy Snacks	2
Clubs and Clover Kids	3
Kitchen Chemistry	4
Food Security	5
Organizing Service Projects	6
4-H Contests and Careers	7
Focus on UNL—Special Education	8

## Special points of interest:

- Want to focus on healthy snacks at club meetings? Get some delicious ideas here!
- What is the connection between skills learned at 4-H contests and future careers? Check it out!
- How do you plane a successful service project for your club?





## MAKE HEALTHY FOODS FUN FOR KIDS

It can be challenging to provide healthy meals and snacks that kids will eat. Sometimes it may seem like healthy foods take a backseat to all of the pre-packaged, low nutrient foods that seem a lot more “fun”. Here are a few ideas to make nutritious foods seem a little more exciting:

**Delicious dippers** - Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic or use a low-fat ranch dressing. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



**Caterpillar kabobs** - Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

**Personalized pizzas** - Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings.



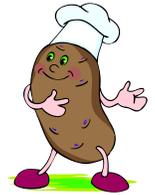
**Fruity peanut butterfly** - Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

**Frosty fruits** - Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer. Make “popsicles” by inserting sticks into peeled bananas and freezing.



**Homemade trail mix** - Use your favorite nuts and dried fruits, such as peanuts, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries or apricots. Add whole-grain cereals or popcorn to the mix, too.

**Potato person** - Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.



**Smoothie creations** - Blend low-fat yogurt or milk with fruit pieces. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. Need a great smoothie recipe? Try this one, it's delicious!

**Fast and Fruity Shake**  
Makes 2 servings

1 ripe banana, peeled  
¾ cup pineapple or orange juice  
½ cup low-fat vanilla yogurt or frozen vanilla yogurt  
½ cup strawberries, fresh or frozen



1. Break banana into small pieces and put in the blender with juice, yogurt and strawberries. Blend until smooth.
2. Divide shake between two glasses and serve immediately.



# CLOVER KID FUN IS JUST A CLICK AWAY

Wondering what to do with your clover kids? What can I do at a 4-H meeting with clover kids? Don't have time to gather project ideas?



The UNL Clover Kid Team has developed resource materials and is continuing to develop and collect resources for leaders and parents. It is just a click away of having fun with your Clover Kids. This is a great way of teaching one on one or in a group setting on a 4-H project area.

The resources are just a click to age appropriate books to develop literacy skills on the project to a fun dance or song to do with the kids. You don't have to be the best singer or remember the words just click and sing. Teach science in each project by becoming a scientist and asking scientific questions. (The answers are provided for you also.) Each project has printable table top activities to do with the youth. So come and explore the fun of Clover Kids in just a click!



<http://www.extension.unl.edu/web/child/cloverkid>

**Goals/Purpose of Clover Kids** – The primary goal is to promote the child's stages of development – mentally, physically, socially and emotionally.

Children possessing these life skills are less likely to have problems with drug use, school failure, delinquency, and depression as they move into their teenage years and then into adulthood.

**Why is Clover Kids Noncompetitive?** Studies prove noncompetitive environments are more likely to develop confidence, creativity and competence in children. Clover Kid activities correspond with the youngsters' stages of physical, mental, emotional and social development.



**Other great resources for Clover Kids:**

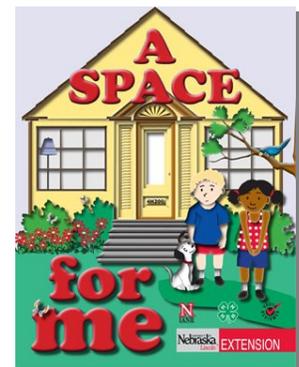
<http://cloverbudconnections.osu.edu/>

<http://www3.ag.purdue.edu/counties/vanderburgh/Pages/Mini4-H.aspx>

<http://food.unl.edu/web/fnh/food-fun-for-young-children>

<http://4h.unl.edu/web/4hcurriculum/cloverkid>

<http://4h.unl.edu/web/4h/resourcelibrary>





## KITCHEN SCIENCE

Ever wonder why cooks wear aprons.....and not lab coats?? After all, the kitchen is like one huge science lab. What better way to encourage an excitement for science than in the kitchen! Kids can have a blast experimenting with different foods and recipes. The application of science concepts may be subtle, but helping youth think and problem solve within a scientific framework with experiments helps youth find out “what’s happening” in the kitchen and why. Understanding the purpose of ingredients for baking and cooking helps youth know what to do when failures occur and what ingredients can be eliminated or replaced in recipes to increase nutritional quality and adaptation for various medical conditions.

And how about an exciting career in food science? Kitchen science may lead to interest in pursuing a career in dietetics, nutrition sciences, culinary sciences, nutrition and health sciences, athletic training, hospitality, restaurants and tourism- all offered at the University of Nebraska-Lincoln. Check out [food.unl.edu](http://food.unl.edu) for more information.

Let’s experiment!! Chemically change a basic pancake recipe (use apple cider instead of water or milk)

Have youth: tell what they are trying to find out, predict what will happen, do the experiment, tell what happened and why is it important or interesting, tell what was learned from the experiment, tell how they can use what was learned in other situations and how could this experiment be expanded.

### Moon Crater Pancakes

1 ½ c white or whole wheat flour  
1 T sugar  
1 t baking powder  
¼ t salt  
2 t cinnamon  
1 large egg  
2 T melted butter  
1/3 c milk  
1 c apple cider



Mix dry ingredients in one bowl. Mix egg, melted butter and milk in another bowl. Mix dry and liquid ingredients together. Add apple cider. Do not over mix. Immediately pour ¼ c batter for each pancake (4-5 pancakes at a time) into a lightly greased, pre-heated 350 degree electric skillet. When bubbles appear and edges are slightly dry (about 2-3 minutes), turn pancakes and cook until bottoms are golden brown (about 2 minutes).

### What’s Happening and Why ?

Lots of bubbles appear in the batter as you mix it; adding heat turns batter into light, delicate pancakes. The apple juice in cider is carbonated. The carbon-dioxide gas creates craters (large holes) and also makes the pancakes lighter. The batter must be used immediately before the carbon dioxide gas bubbles are fewer or gone.

A batch using an additional 1 c of milk instead of the apple cider can be made to compare results.

**Check these sites for more experiments!**

<http://www.accreditedonlinecolleges.com/blog/2010/kitchen-chemistry-100-cool-food-science-experiments-for-kids-and-cooks/>

<http://foodscience.psu.edu/youth/youth>

<http://www.leapingfromthebox.com/art/rlg/foodscience101.html>

## FOOD SECURITY AND HUNGER RELIEF

# JOIN | THE REVOLUTION OF RESPONSIBILITY

The United States is one of the most food-abundant nations, yet there are Americans that still go hungry. With 365 billion pounds of food a year produced in the nation, it is hard to believe that neighbors, elderly, children, and even friends experience hunger on a regular basis. Food security and hunger relief 4-H service projects are a great way to engage youth in the Revolution of Responsibility while combining Citizenship, Agriculturally Literacy, and Healthy Living. Food Bank for the Heartland reports that approximately 20 percent of children in Nebraska communities are at risk for hunger. With such large need in our communities, there is opportunity for all 4-H members to be involved.



Nebraska 4-H is proud to be a part of the **Invest an Acre** program supported by the Howard G. Buffett Foundation, ADM, Monsanto, and Feeding

America. The Invest an Acre program encourages farmers across the nation to donate one acre or more of crop proceeds to help fight hunger in their communities. When a farmer indicates at an ADM facility that they would like to be a part of Invest an Acre, a check for the sale of grain is issued to Feeding America. Feeding America then distributes the money to the local food bank. One hundred percent of the contribution will benefit the local partnering food bank. According to the Invest an Acre program, on average, every bushel of corn donated can help secure 18 meals and a bushel of soybeans can help secure up to 40 meals. This means the donation of a single acre will result in thousands of meals! Additional information about Nebraska 4-H and the Invest and Acre program can be found at [4h.unl.edu](http://4h.unl.edu).

Ideas for food security and hunger relief service projects include:

- start or support a food backpack program
- hold a food packaging event
- organize an awareness event in your community
- show a movie about hunger to the local community
- plant a community garden
- give presentations to local clubs about hunger and reducing food waste
- volunteer at a local food bank or pantry,
- organize a food drive or fundraiser
- teach families about healthy eating and cooking
- have a harvest meal where farmers learn about the Invest an Acre program



For more information about the Invest an Acre program or Hunger Relief Service Projects please contact Heather Borck- [hborck2@unl.edu](mailto:hborck2@unl.edu) or (308)696-6784.



# 5 STEPS TO ORGANIZING A SERVICE PROJECT

"I pledge my hands to greater service...for my club, my community, my country and my world" is spoken by 4-H members at the beginning of every 4-H club. What do these words really mean? You can play a key role in your 4-H club's community service by volunteering to be responsible for all assets of one or more community service projects.

Remember to be able to "make the best better" it takes leadership from you and team work from the entire club. There are five steps for you to guide your 4-H club through when conducting a worthwhile community service project.

## 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.



### Step 1: Pick a project by determining needs.

- Brainstorm as a group. Ask every member to come with one new idea that would benefit the community
- Select From the News. Select stories that have emotional effects on your group.
- Conduct a survey. Survey members of the community to find out about their greatest concerns.
- Deciding on the project. Have members vote on the top two or three projects. List each project's benefits and challenges. Decide from your list which would fit your club's needs best. Time, resources, dates, money, or equipment needed may factor into the club's decision.

**Step 2: Plan your project and get some publicity.** Good planning is crucial to any community service project. It's what determines your project's success. Develop a community service project committee. They should meet separately from the regular club meeting. They should come up with an outline of work to be done on a calendar for the club. Have space on the work sheets or calendar for club members to sign up for duties. It is important for you to inform the public of your planned community service project. Public awareness can contribute a great deal to your project's success. Send well-written news releases.

**Step 3: Do the service.** This is the exciting part of the project because you get to put your plan into action.

Remember this is a team effort. Everyone in the group should know his or her responsibilities. Do your best and have fun! Remember to clean up any trash from the project area.

**Step 4: Reflect.** There are many ways for club members to engage in the reflection process, including participating in group discussion, writing in journals and creating web pages. Think of ideas for building this in before, during and at the end of the project.

**Step 5: Celebrate:** Take time to celebrate the completed service project. Provide refreshments, write a thank you letter or pass out mementos of the day. Take lots of pictures for publicity of the project.

If your team members were all involved with the different five-steps, then you are a winner!



# MAKING THE CONNECTION: 4-H CONTESTS AND CAREERS

Contests are a part of 4-H, providing youth opportunities to increase subject knowledge about projects, learn life skills, and experience competition in a positive environment. Contests also prepare youth for the future, making the connection between 4-H projects and careers. Career connections are made through specific talents, but also through the life skills they teach.

**Thinking strategically:** In a contest, thinking strategically can lead to winning. In a career, it's about getting the job done and using critical thinking skills to solve problems.



**Motivation to succeed:** Motivation will push youth to prepare and do their best in a contest. Similarly motivation drives us to do to best job possible in our careers.

**Goal setting and accomplishment:** Setting a goal to receive a purple ribbon in the Interview Contest can lead to setting a goal to graduate with a Master's Degree.

**Confronting problems and situations in real-world scenarios:** Situations become more realistic when youth participate in contests. The more real-life issues faced, the better prepared they will be when encountered with similar situations.



While realizing the importance of making the contest-to-career connection, it is often a step left out during contest preparation. Meaningful preparation and connections can happen in several ways.

**Reach out to local experts.** No matter what the contest, someone in the community has skills and knowledge in the contest area. It could



be a local gardener to help with the Horticulture Contest, the president of the Chamber of Commerce to help with Public Speaking, or even the butcher to help prepare for the Meats Contest. Connecting youth to the local business person links contest skills to career fields.

**Practice.** In life, practice doesn't always make perfect, but the more time spent preparing, the more likely youth will have a positive experience. In a career, the more you do something, the more comfortable you become. Practicing skills valuable in a career are often just as important as knowledge.



**Encourage youth to step out of their comfort zone.** Taking risks is a part of life, but when youth are encouraged to take risks within a safe environment, it makes them less scary in the future.

**Help them find their niche.** Just as finding a contest youth excel in makes it more fun, finding a career they love will make it feel less like work and more like fun.

4-H contests teach much more than specific skills. Helping youth make the connection between contests and career paths can give youth a jump in the right career direction and make their contest participation much more meaningful.

Experience The  Adventure



# CALENDAR OF EVENTS



## SPECIAL EDUCATION AT THE UNIVERSITY OF NEBRASKA!

4-H members with a passion of working with young children are encouraged to consider using their teaching ability to make a difference in the world. If they are passionate about being the best teacher they can be..... If they are ready for an academic challenge... If they want to study more than one field in education..... If they want to enhance their job prospects following graduation..... then seriously consider the UNL Dual Elementary Education & Mild / Moderate Disabilities (Grades K-6) Special Education Endorsement Program. The UNL special education program is highly regarded nationally for the quality of its teaching, research, and service to the field of special education. It is consistently ranked in the top 20 by *U.S. News & World Report*.

The Special Education Program in College of Education and Human Sciences at UNL offers an undergraduate major in the area of Mild/Moderate Disabilities at either the K-6 or 7-12 grade levels. The K-6 program is a dual major with Elementary

Education and Special Education certification. This program prepares graduates to teach and be certified in mild/moderate disabilities plus elementary education in grades K-6. UNL also offers a special education major for individuals who wish to teach students with mild/moderate disabilities grades 7-12. Students must apply to the program after completing the required pre-requisites, including 30 hours of courses maintaining a 2.5 GPA to gain acceptance into the program.

Special Education programs at UNL are accredited by the Nebraska Department of Education. To learn more about a dual major in Special Education and Elementary Education from UNL/CEHS and to set up a campus visit contact: Dr. Tessa McCarthy, Phone: 402-472-6636 or [twright@unl.edu](mailto:twright@unl.edu) .

**4-H! YOUR FIRST CLASS AT THE UNIVERSITY OF NEBRASKA!**