Food Sense-SNAP Ed Nutrition Program

Plan Family Meals Together
Involves the kids in the dinner meal planning. Talk to them about what they’d like to eat and come up with the week’s menu together. You can also post in your kitchen a list of all your family’s favorite dinners. This list will come in handy when making your menu up. Come into the Extension office to get your Food Sense programs free menu planning and shopping list kit.

Make Dinner Together
In our rush to put dinner on the table, we sometimes forget to get the kids to help.

Kids Cook Night!
Pick a night a week and designate it your family’s “Kids Cook Night.” Put the kids in charge of everything from making the grocery list to following the recipe. Stay nearby for questions.

Get Kids to Help with Kitchen Chores
Post a list of kitchen chores and get the kids to help with everything from setting the table to doing dishes and sweeping up afterwards. The Food Sense program can help with this too, come in and get a free chores chart.

Healthy, Homemade Ranch Dressing
Ingredients
6-ounce container (2/3 cup) plain Greek yogurt
2 tablespoons milk
1 teaspoon white vinegar
1 garlic clove, minced
1 tablespoon each of fresh parsley and dill
Salt and pepper
Fresh veggies for dipping

Step-by-Step
1. Spoon the yogurt into a medium-size bowl. Add the vinegar and milk to the bowl. Stir with a spoon or a small whisk.
2. Snip the parsley and dill with the kitchen scissors. Use only the leaves — not the stems. Measure 1 tablespoon of each. Stir the herbs into the yogurt dip.
3. Peel the garlic clove. Stir well. You can add more garlic to taste.
4. Add a pinch of salt and a pinch of pepper. Stir it up and give it a taste. Does it need more salt or pepper? Add a pinch more!
5. Serve the dip with veggies on the side. Then cover the rest of the dip and refrigerate overnight. This will bring the flavors together even more!

Makes 1 Cup
Source: https://kidstir.com

This material was funded by USDA's Supplemental Nutrition Assistance Program (SNAP).
Contact 623-3457, or go to Extension.usu.edu/juab

Upcoming Events
- 8/1, 9 am: Modeling Workshop
- 8/1, 5 pm: 4-H Registration deadline
- 8/5-10: Juab County Fair
- 8/5, 9 am: Fashion Revue Construction/Interview Judging
- 8/6, 9 am: 4-H Horse Show
- 8/6, 11 am-3 pm: 4-H Dog Show
- 8/6, noon: Online exhibit entry deadline
- 8/6, 7-9 pm: Fair exhibit check-in
- 8/7, 7 pm: Fashion Revue Modeling
- 8/12, Exhibit Pick-up

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Inside this Issue
Tuesday, August 6
11:00 am-3:00 pm
Juab County Fairgrounds Indoor Barn

Come watch the fun and support the Juab County 4-H members in the Dog program! This is a great opportunity for kids to show off all the hard work that they have put into their dogs this summer.

The 4-H Dog Club is a program offered to the 4-H youth in Juab County and their dogs. It is one of the newest and fastest growing projects within 4-H. It is designed to emphasize youth development. Any breed of dog is welcome.

For youth grades 3rd (age 8) and up. Classes offered in Obedience, Showmanship, Rally and Agility. Youth must be registered in 4-H Online and in the 4-H Dog program.

“Utah State University is an affirmative action/equal opportunity institution.”
Care
It is the responsibility of the exhibitor to take care of their animals until the fair closes on Saturday night. Those not taking care of their animals will lose their premium money. Straw will not be allowed in the barn.

Signs
We encourage you to make a sign and hang it above your animal. This is your chance to show off the result of your hard work. We have an excellent livestock show and we hope everyone will do their part to make it even better.

Dress Code
We want to remind all members of the dress code required for the show ring and auction. FFA members must wear an FFA jacket or white shirt with the official FFA tie. 4-H members must wear a white shirt that buttons down the front, with a fold over collar and a 4-H emblem attached to the left sleeve. 4-H patches are available at the office for $1.50. Premium money will be forfeited if dress code is not followed.

Eligibility
Only animals receiving a blue or red ribbon will be eligible for the sale. White ribbon animals will not sell. Any white ribbon or sifted animal will be able to participate in the fitting and showmanship contest.

Clean Pens
In the past, especially with the steers, we have had a problem with hay being left in the indoor barn. All livestock exhibitors are required to clean their pen or tie area after the fair. We would like this done no later than 12:00 noon on the Monday after the fair. If your area is not cleaned up, especially all of the hay out of the barn, you will not receive your premium money and a $25 fee will be assessed.

Showmanship Required
We would like to remind all market livestock exhibitors that you are required to enter the fitting and showmanship contest in the area that you are showing.

Sell One Animal
Just a reminder, each member can only sell one animal in the Jr. Livestock Auction. If you show more than one, you will need to let us know which one you want to sell by the time the champion steer is selected.

8/9 Round Robin Showmanship Contest 8:00 am
8/9 Junior Livestock Judging Contest 9:30 am

$50 Livestock T-shirt Design Contest winners are Karlie, Taylor, and Sydney Cowan

4-H Junior Fashion Revue contestants will be judged on construction, modeling, and interview responses. Junior contestants must be currently enrolled in a 4-H clothing or sewing project, and in 3rd grade through 8th grade as of October 1, 2018 to compete. They must have made their outfit during the current 4-H year (since 10/1/18).

Final placings are based on construction judging (50 points) plus interview and modeling (50 points) = 100 possible points. 1st Place—$25, 2nd Place—$20, and 3rd Place—$15.

Fashion Revue forms and details can be found at http://extension.usu.edu/juab/htm/4-h/juab-county-fair-information.

Fair Watchers Needed
We are looking for volunteers to sit at the 4-H section for a shift during the hours that the fair buildings are open to the public. (Wednesday night through Saturday.) One adult or older teen can sit alone or bring a friend with them. This year watchers will be at a 4-H promotion booth answering questions and recruiting for 4-H.

State Fair 4-H Day
4-H Day at the State Fair is Saturday, September 14. For more information about the Utah State Fair go to: www.utahstatefair.com.

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Important dates:
Entry Form/Narrative deadline: 8/1, noon
Article(s) due to the office: 8/5, 7:30 am
Construction Judging: 8/5, 9 am
Fashion Show & Awards: 8/7, 7 pm
Articles on exhibit at the fair: 8/7-10

Modeling Workshop
Thursday, August 1, at 9 am, a “Modeling Clinic and Workshop” will be presented at the Juab County Center Cultural Hall. This will give all interested Fashion Revue participants an opportunity to receive some helpful training on poise, personal appearance, and modeling techniques and interview questions.

Fashion Revue Entry Forms will be available at the clinic. Plan on coming and practicing with us.

2019 Fair Book
For complete 4-H exhibit information, go to extension.usu.edu/juab and click on ‘County Fair’ at the right. The 4-H information is divided into 3 sections: 4-H Section (all non-livestock exhibits) Junior Fashion Revue (information, dates, and forms) and 4-H Livestock Section. This information is also available at http://juabcountyfair.com/.

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Christi Nichols………………Staff Assistant
Kyle Taylor…………………..USU Summer Intern
Subrina Woolstenhulme…………USU Summer Intern

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