



MILLARD COUNTY 4-H NEWSLETTER September/October 2019



It's Time to Register for 4-H!

Register and sign up for 4-H @ ut.4honline.com

Remember:

- ~ If you are new - set up a profile, a password will be sent to your email. Press "Login" at the bottom.
- ~ If you are returning: use family email. Try old password, if it doesn't work, request a new one that will be sent to your email.
- ~ There are a lot of pages to scroll through and fill out. When you add a club, sign up for the ones you want to be part of this year.
- ~ There is a new training area for all adults this year. It will be required every few years so we can all learn about the 4-H program and learn how to keep our youth safe.
- ~ Please pay online if possible, your children are not enrolled until the money is in.

We are excited to have you join our 4-H team!
Questions: 864-1480 or 743-5412

Horse Club

Is headed to State Sept. 26 in Ogden!
Good Luck at State!



4-H Awards Night

Oct. 10, 2019
Armory - Fillmore
6:30 pm



RSVP by Sept. 26th

Adult Volunteers



-Portfolios & -Extra Mile Awards

- **Due September 26th by 4:00pm**
- State Horse participants Oct. 3 by 3:00pm

Extension Information

Plants, Yard & Garden

Utah County Horticulture Assistants
801-851-8462

Or go to:

Extension.usu.edu/yardandgarden

Canning

Extension.usu.edu/canning
<https://nchfp.uga.edu/>

Utah State University Extension
– Millard County would like to remind you to always can safely!

Local elevations are:

- Delta—4639 feet
- Deseret—4590 feet
- EskDale—4984 feet
- Fillmore—5134 feet
- Gandy—4951 feet
- Garrison—5276
- Hinckley—4603
- Holden—5102
- Kanosh—5020
- Leamington—4731
- Lynndyl—4787
- Meadow—4839
- Oak City—5111
- Oasis—4590
- Scipio—5315

Boiling-Water Canner Adjustment

Altitude (ft.)	Add to Processing Time
3,001-6,000	10 minutes
6,001-8,000	15 minutes

Pressure Canner Adjustment

Altitude (ft.)	Weighted Gauge	Dial Gauge
4,001-6,000	15	13
6,001-8,000	15	14

It is recommended that your dial gauge be tested for accuracy once a year, weighted gauges do not require testing

MILLARD COUNTY EXTENSION WEB SITE

Keep connected and updated on activities, events, and information with 4-H through the Extension web site: extension.usu.edu/Millard

Check often to keep updated on any changes in date, time or place of clubs or events!!

Come see what's going on in . . .

West Millard 4-H!

Register and sign up at:
ut.4honline.com
 83 S. Manzanita Ave. Delta
 864-1480



Create Better Health Cooking Club

All Ages
 Sept. 19 at 3:30
 Peachy Yogurt Parfait
 Oct. 17 at 3:30
 Whole Wheat Pizza
 Extension Office




Sewing Club

Dates: Second Wednesday of each month!
Time: 3:15
 Oct. 9, Nov. 13
Place: Extension Office in Delta
Cost: Bring your own supplies

You need an adult with you, call the office to make arrangements if you don't have one.. Parents will take turns coming up with the projects. Michelene Anderson will come up with the first project.

Teen Council Corner

Teen Council is for youth 9th - 12th grade
 Jr. Teen Council is for 6th - 8th grade

Teen Council Upcoming Dates:
 Oct. 17 - 19 - TLT in Logan

Jr. Teen Council Upcoming Dates:
 Oct. 3rd - Delta Middle School Lunchroom
 Leader: Carolyn Taylor

Come Join the Team!
 Together . . . We can do Anything!



Tennis Club



Dates: Oct. 14, 15, 16, 23, 24
Time: 2:45
Location: DHS Tennis courts

Bring a racquet if you have one! There are a couple to borrow, on a first come basis.

Come have fun!!



. . . with help from Adult Volunteers!



Come see what's going on in

East Millard 4-H!

Register and sign up at:
 50 S. Main OR call 743-5412



Create Better Health Cooking Club

All Ages
 Sept. 11 at 3:30
 Peachy Yogurt Parfait
 Oct. 9 at 3:30
 Whole Wheat Pizza
 Legion Hall - Fillmore



4-H is a community of young people across America who are learning leadership, citizenship and life skills.





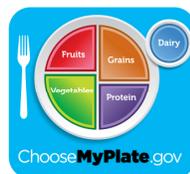
Create Better Health is a **Free** program to help individuals and families to eat well, prepare delicious food, and be active on a budget. If you would like to attend classes call 864-1484, 864-1480 or 743-5412 or please check out our county web page at: www.extension.usu.edu/millard. Create Better Health Millard County has a Facebook page with lots of healthy ideas and recipes for your family to try. Check out our Facebook page at: <https://www.facebook.com/millardcountyextension/>

FREE Classes:

- Delta Sands Apartment Complex - Thursday, September 5th at 4:00 PM: Food \$ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/ Create a Fruity Dessert.
- Delta Sands Apartment Complex - Thursday, October 24th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/Create a Wrap.
- Fillmore's Mt. Catherine Manor Complex - Wednesday, September 12th at 4:00 PM: Food \$ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/Create a Fruity Dessert.
- Fillmore's Mt. Catherine Manor Complex - Thursday, October 10th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/ Create a Wrap.
- Kanosh Paiute Band Building - Tuesday, September 10th at 4:00 PM: Food \$ense Create Better Health: Healthy Eating Patterns/Physical Activity Review/ Create a Fruity Dessert.
- Kanosh Paiute Band Building - Tuesday, October 8th at 4:00 PM: Create Better Health: Introduction to MyPlate/Physical Activity/Create a Wrap.

Pack With Ease

It's that time of year again to start thinking about what you will pack in lunch boxes for you and your family. This can be especially challenging when packing for kids. Eat Well Utah and [MyPlate](http://MyPlate.gov) are here to help! My advice is, don't over think it. Simply focus on picking one food item from each food group and you'll have all your bases covered.



• Fruits

Any fruit will do. Berries, orange slices, and canned pears are my favorite. Plastic food containers and storage bags make it easy to pack fruit. Wash, peel, and chop fruits before you pack them so they are ready to eat right out of the lunch box.

• Vegetables

Fresh vegetables work best for lunch boxes. Chop up a bunch of veggies at the beginning of the week. As you are packing, you'll have a variety to choose from. Carrots, broccoli, cauliflower, bell peppers, cucumbers, and celery work well. Some might even like fresh mushrooms or snow peas. Use leafy green lettuce and spinach in sandwiches and wraps.

• Protein

Many people think of meat and poultry when it comes to lunch boxes. These items can be a little trickier to pack or to reheat. However, there are many other sources of protein that are easy to pack. Try nuts, hard boiled eggs, hummus, peanut butter, jerky, and sunflower seeds.

• Grains

Foods from the grain group are full of fiber and help provide a feeling of fullness. Crackers, bread, tortillas, and cereal are easy to pack. Granola, cornbread, and muffins can be made ahead of time and used throughout the week. Whatever you choose, opt for the whole grain version for maximum nutrient benefits.

• Dairy

Cheese, yogurt, cottage cheese, milk, and pudding pack well in a lunch box. When possible, choose low-fat or non-fat options. Use an ice pack to keep these items cold until it is time to eat.

Sesame Chicken

skillet meal 

Directions

Place sesame seeds in a microwave safe dish. Microwave on high for 1 minute at a time until seeds have started to brown and are slightly toasted. Set aside. In a small bowl, combine soy sauce, water, brown sugar, and ginger. Set aside. Heat oil in a large skillet. Add chicken; cook and stir for about 5 minutes. Add vegetables; stir fry for 3-5 minutes until vegetables are tender-crisp and the chicken is cooked through. Add sauce mixture. Stir to coat and cook an additional 5 minutes. Serve on top of brown rice. Sprinkle with green onions and sesame seeds.

Ingredients

1-2 Tbsp. sesame seeds
1 Tbsp. canola or olive oil
1 lb. boneless, skinless chicken breast, cut into strips
2 cups snow peas, trimmed
1 medium red bell pepper, chopped
1 medium green bell pepper, chopped
6 Tbsp. low-sodium soy sauce
4 Tbsp. water
1 Tbsp. packed brown sugar
½ tsp. ground ginger
4 green onions, sliced
2 cups brown rice, cooked

EXTENSION  FOOD 
UtahStateUniversity \$ENSE

This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP. This institution is an equal opportunity provider. Utah State University is an affirmative action/equal opportunity institution.

Source: BY [EAT WELL UTAH](http://EATWELLUTAH.COM) ON [AUGUST 10, 2018](http://AUGUST10.2018.COM)

Go to ChooseMyPlate.gov for more information. USDA is an equal opportunity provider, employer, and lender. This material was funded by USDA's Supplemental Nutrition Assistance Program -- SNAP.