

FOOD · FASHION · FITNESS · FUN ARTS & CRAFTS


STAY CONNECTED

Clover Stem

Liberty County

4-H FCH Project News

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Visit our website: liberty.agrilife.org Click on the "4-H" Tab

Volunteer to help GROW...

Do you have an interest in helping out with Summer Camps for kids, gardening, cooking, crafts, teaching or community service projects? Then I need help on my FCH Backyard Series Planning Committee! We will work closely with Master Gardeners to GROW great programs!

BACK YARD *Teaching* GARDENS



Spring Garden Club

Volunteer Opportunity

Ground Breaking Event

Save the Date
June 4, 2021

Green Thumb

Afterschool on Thursdays

Garden Club

Starting April 22nd,
We will meet at the Extension
Office at 501 Palmer Ave. in
Liberty on Thursdays
from 4:15 to 5:30 pm,
April 22nd through May 27th!
Students 3rd grade and up will
have the opportunity to play
games, garden & harvest and
take home goodies each week!

Sign Up by April 16th! FREE!!
<https://liberty.agrilife.org/family-life/green-thumb-garden-club/>

**New 8
Week 4-H
Summer
Online
Challenge**

 **HEALTH!**
ROCKS!
INSPIRED TO BE SUBSTANCE FREE

Beginning June 1st through end of July, New Weekly Challenges will be posted on a **Liberty County 4-H Health Rocks Member only Website**. There will be interactive videos, activities and discussions that you can do from home, followed by a short day camp the first week in August. Must be in 6th-12th grade Sept. 1, 2021. Email ancordova@ag.tamu.edu if interested!



Awards!

Congratulations to Abigail Dillard from Tarkington 4-H & Lacey Dillard from the Trinity Trailblazers 4-H Club for successfully completing the 5K and sharing their completion results. Stay tuned for the next 5K!

Family Yoga Session

Description

Hold a family yoga session to release stress, work on your flexibility and focus on breathing.

Supplies

- Yoga mat (if available)
- Comfortable clothes

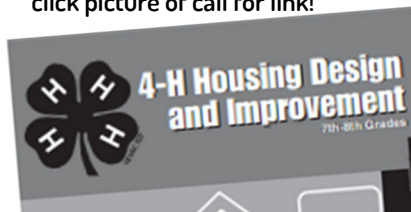
Activity Steps

1. Gather your family members into a large room with open space to sit or lie down.
2. If available, each person can use a yoga mat for this activity, but it's not required.
3. Practice yoga poses like mountain, tree, warrior II, seated twist, downward facing dog and others found at 4-H.org/Yoga



INTERIOR DESIGN

Free 3 year project book geared toward middle school aged 4Hers, click picture of call for link!



In this project book, you will explore design and home improvement. You will use the design principles to plan appealing spaces in your home. You will practice making choices after looking at your options. You will do things to make your home look better, work better and feel more comfortable. You will learn ways to save energy in your home and why that's important.

30 Minutes | Grades: Pre-K-2, 3-5

Scavenger Hunt

Description

This scavenger hunt will get your kid on their feet, thinking about nutritious food, and having fun!



Supplies

- [Balanced meal template](http://ChooseMyPlate.gov)
- Well-stocked refrigerator or pantry
- Timer

1. Gather a group of friends or family members in the kitchen.
2. Review the balanced meal [template](#) and discuss what types of foods make up each category.
3. Set the timer for 5 minutes. Now, each person is tasked to find at least three foods in each food category from the refrigerator or pantry.
4. Once they find the food item, set it on "base" (countertop or table).
5. Continue until the time is up or until the group has completed the challenge.

* Source: US Department of Agriculture

Thanks to Casey, Texas 4-H.



Visit our website to download the coloring sheet and turn in to the Extension Office by April 16th. 4-H members get 1 point! You may drop it off at the office or email it to Alexis at ancordova@ag.tamu.edu

Earth Day is April 22nd, 2021!

The theme this year is RESTORE OUR EARTH!



Visit the Liberty County 4-H Website and click on Earth Day Page for great resources for virtual learning and activities.

RESTORE OUR EARTH™

EARTH DAY 2021

REDUCE, REUSE, RECYCLE, & RETHINK

SCAN ME FOR ACTIVITY

<https://go.ncsu.edu/4hrecycles>



FOOD PRESERVATION

May 4	5:30-6:30 pm	Intro & Equipment
May 11	5:30-6:30 pm	Water Bath Basics & Salsa
May 18	5:30-6:30 pm	Jams, Jellies & Pickles
May 25	5:30-6:30 pm	Pressure Canning Basics & Vegetables

\$20 for the series

Pre Register thru eventbrite links

All classes held online