



# 4-H FAMILY NEWS



## UNIVERSITY OF WYOMING



TETON COUNTY EXTENSION SERVICE

SEPTEMBER-OCTOBER, 2013

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Hello 4-H members, families, and leaders,

Happy Fall everyone! It is that time of year where we see friends and siblings travel away to college and we start another school year. I look forward to another new generation starting out in the 4-H program as we start a new 4-H year.

We had an excellent county fair and more importantly we had a GREAT time. We had some bumps during the week and I am proud of everyone for stepping in, understanding, and helping one another to experience success. The State Fair was a success in Douglas and I hope that more youth will choose to participate next year. I'm really proud of our youth that worked hard all year.

It would be careless and thoughtless if I didn't say THANK YOU to all our volunteers who have worked with our youth all year to help them be the best they can be. They truly help the best become better. If you are interested in becoming a leader please contact me we are always looking for leaders to join our 4-H family.

As we look forward to the 2013- 2014 4-H year and celebrate 4-H, I hope everyone is excited! It has been a great year and I am looking forward to another fall in Teton County. I look forward to seeing all of you at Achievement Night and during the festivities we have planned for National 4-H Week! Last year, our program grew with new members. Make sure you tell your friends that we are starting again and would love to have them join our organization. Have a great Fall!

**Amanda Zamudio**

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See ya around,

Amanda Zamudio

### SUPPORT STAFF

Office Manager- Justine Logan  
Administrative Assistant- Kaitlyn Romsa



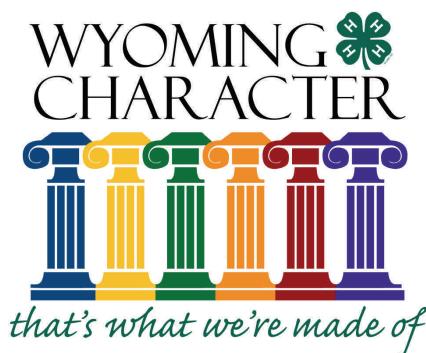
# September

Sun	Mon	Tue	Wed	Thu	Fri	Sat
1	2 LABOR DAY OFFICE CLOSED	3	4	5	6	7
8	9 Small Animal Club Meeting @ 6:00 pm	10 Leaders Council Meeting @ 5:30 pm	11 Citizenship Club Meeting @ 5:30 pm	12	13	14
	RECORD BOOK JUDGING: 4-H LEADERS					
15	16	17	18	19	20	21
	RECORD BOOK JUDGING: 4-H LEADERS					
22	23	24	25	26	27	28
29	30					



# October

Sun	Mon	Tue	Wed	Thu	Fri	Sat
		1 Feedback Forms Due to 4-H Office	2	3	4	5
6	7 Open House 6:00-8:00 pm 4-H Building	8	9 Supporter Appreciation Night 6:00- 8:00 pm 4-H Building	10	11	12 Highway Clean-Up 9:00 am 4-H Building
<b>NATIONAL 4-H WEEK</b>						
13	14	15	16	17	18	19
20	21	22 Achievement Night 6:30 pm Fair Exhibit Hall	23	24	25	26
27	28 Leader Appreciation Night	29	30	31 Happy Halloween!!!		



## Character Counts

### Caring

September, 2013

For Character Counts Activities  
please visit  
[www.4h.uwyo.edu](http://www.4h.uwyo.edu)

*"You can not do a kindness too soon because you never know how soon it will be too late." Ralph Waldo Emerson*

*"No one seems to care anymore!"*

*This modern lament reveals the high value we place on caring. It also reveals the miserable state of affairs we think the world is in when people don't care about each other.*

*Caring and the values it represents - compassion, kindness, consideration, forgiveness, charity, generosity, and unselfishness - are the heart of ethics. To be genuinely concerned with the well-being of others is an essential quality of a person of character. Caring is essentially others-centered. Caring people take into account how their decisions and actions are likely to affect others. Caring for other people builds the ability to empathize across barriers such as culture, race, and age. Kind and considerate people possess sympathetic or generous qualities that imply an indication to be charitable and do good.*



*Caring is a powerful antidote to bullying. All bullying behaviors are uncaring in that they represent a disregard for how one's words and actions affect others. If students are taught to be kind and compassionate, a culture of caring will develop and bullying behaviors will not emerge. Emphasizing the need for students to actively show caring can prevent bullying behaviors and address them if they occur. Highlighting the need for students to be kind also helps to create a climate inhospitable to bullying and raises the self-esteem of those who may be targeted. Caring also means helping those in need.*

**"No act of kindness, no matter how small, is ever wasted." - Aesop**

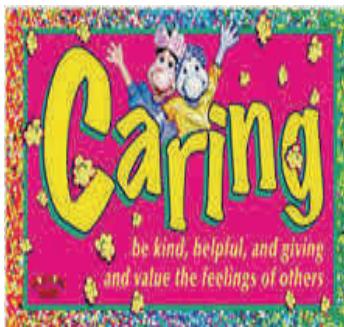
#### Caring meeting activity:

- Prepare a "4-H Care Kit" to welcome new 4-H members in your club, community or school.
- Play the M & M Game-Give everyone a bag with 7 M & M's and a sheet of paper. On the sheet of paper write down answers to the following questions:

- a. Something you like to do for others.
- b. Give an example of an act of kindness.
- c. I would like to share \_\_\_\_\_ with \_\_\_\_\_.
- d. I wish I could help.....

- e. I would love to.....
- f. I am concerned about.....
- g. A considerate person is someone who.....

Find a partner, face each other and



take turns telling one item from your list.

After each answer you can eat ONE M & M. Continue until all of your M & M's are gone. Talk about the experience.

Was it hard to come up with answers?

What can you do in the future to show others that you are a caring person?

#### Clover Connection

**Head** - thinking about ways to let others know we care.

**Heart** - communicating caring respect to others.

**Hands** - providing acts of kindness and service to others.

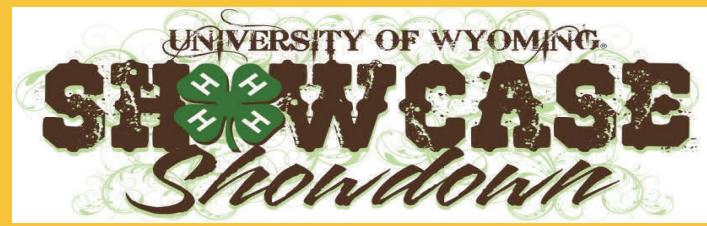
**Health** - showing we care about ourselves and others by making healthy lifestyle choices.



Kylie Anderson Sarah McIntosh Jensey Stitt  
Spencer Berezay Alise Prestrud Emma Watkins  
Bennett Blount Peter Prestrud  
Keegan Bommer Reilly Raube  
Clark Buchenroth Sara Rodeck  
True Dayton Cole Seaton  
Lilah Matthews Tyler Smith

Hope you have wonderful  
birthday filled with fun and joy.  
Happy Birthday!

Sage Anderson Avery MacFar- Kendall Seaton  
Whitney Ball land Megan Tucker  
McKenna Brinton Julia Mahood Isabelle Uptain  
Kinzie Castagno Milo Mattson Kylie Wilson  
Zoe Curran Nelson Paradis  
Milo Goodell Elias Rammell  
Derek Grant Ruby Rammell  
Thor Jaramillo Parker Rowe



Congratulations to the following 18 4-Hers that represented Teton County at the 2013 4-H Showcase Showdown in June:

### Prepared Presentation Contest:

#### Juniors:

Hailey Hardeman, 2<sup>nd</sup> place overall

Julia Mahood, blue ribbon

Emma Watkins, red ribbon

#### Intermediates:

Sydney Clark, 4<sup>th</sup> overall

Emily Mahood, 6<sup>th</sup> overall

Ashley Brimeyer, 8<sup>th</sup> overall and 5th overall in

#### Impromptu Speaking

#### Seniors:

Keith Holmes, placed 4<sup>th</sup> overall, awarded a trip to Denver for Roundup

### Livestock-Skill-A-Thon

#### Juniors:

State Champion Team: Gracie Hardeman, Hailey Hardeman, Coy Abel, Tag Abel, and Kinzie Castagno.

#### Seniors:

2<sup>nd</sup> Place Senior Team: McKenna Brinton, Shane Lucas, and Melissa Fox

### Livestock Judging

Gracie Hardeman, Hailey Hardeman, Coy Abel, Tag Abel, Kinzie Castagno, McKenna Brinton, Shane Lucas, and Melissa Fox

### Dog-Skill-A-Thon

#### Juniors:

State Champion Team: Emma Watkins, Chloe Stines, and Shilah May

Emma Watkins, 1<sup>st</sup> place individual

Shilah May, 2<sup>nd</sup> place individual

Chloe Stines, 3<sup>rd</sup> place individual

#### Intermediates:

Sydney Clark, 3<sup>rd</sup> place individual

Emily Mahood, 4<sup>th</sup> place individual

### Cake Decorating

#### Intermediate:

Ashley Brimeyer, 5th place overall

#### Seniors:

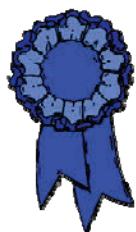
Bailie and Josey Welfl- Champion Senior Team

### Table Setting

Bailie Welfl, 3<sup>rd</sup> place Senior

### Food Cook Off

Bailie Welfl, Josey Welfl, and Trista Timmons did a great job!



# CONGRATULATIONS!

## 2013 STATE FAIR EXHIBITS

### JUNIORS

Nevin Gribier	Sportfishing	Overall Grand Champion
Lilly Eggett	Cavies	Division Winner
William Carlson	Self-Determined	Division Winner
Julia Mahood	Sportfishing	Division Winner
Tipton Wilson	Swine	Division Winner
William Carlson	Wildlife	Division Winner
Brandon Brazil	Archery	2 <sup>nd</sup> Place in Division
Julia Mahood	Poultry	2 <sup>nd</sup> Place in Division
Olivia Roberts	Rabbit	2 <sup>nd</sup> Place in Division
Erik Greger	Sportfishing	2 <sup>nd</sup> Place in Division
Eli Rammell	Self-Determined	Purple Ribbon
Cora Schwabacher	Cake Decorating	Blue Ribbon
Hailee Brinton	Quilting	Blue Ribbon
Henry Berezay	Sportfishing	Blue Ribbon
Julia Mahood	Sportfishing	Blue Ribbon
Emma Genzer	Cake Decorating	Red Ribbon
Heather Budge	Quilting	Red Ribbon
Landon Lucas	Rabbit	Red Ribbon

### INTERMEDIATES

Claire Radda	Citizenship	Overall Grand Champion
Jordan Lutz	Rabbits	Reserve Grand Champion
Henry Horstmann	Photography	2 <sup>nd</sup> Place in Division
Amber Budge	Quilting	2 <sup>nd</sup> Place in Division
Kylie Wilson	Swine	2 <sup>nd</sup> Place in Division
Zoie Dayton	Green Skirt	Purple Ribbon



# CONGRATULATIONS!

## 2013 STATE FAIR EXHIBITS



### INTERMEDIATES

Henry Horstmann	Photography	2 Blue & 1 Red Ribbon
Cecilia Williams	Citizenship	Blue Ribbon
Shaeli Funk	Citizenship	Blue Ribbon
Abigail Brazil	Quilting	Blue Ribbon
Emily Mahood	Rabbit	Blue Ribbon
Spencer Berezay	Rifle	Blue Ribbon
Ashley Brimeyer	Wildlife	Blue Ribbon
Josey Welfl	Sewing Tote	Red Ribbon
Spencer Berezay	Sportfishing	Red Ribbon
Clara Delahaye	Quilting	White Ribbon

### SENIORS

Emilie Gocke	Citizenship	Division Winner
McKenna Brinton	Photography	6 Purple Ribbons
Sage Anderson	Photography	1 Purple & 2 Blue Ribbons
Molly Moyer	Cake Decorating	Blue Ribbon
McKenna Brinton	Leadership	Blue Ribbon
Keegan Bommer	Archery	Red Ribbon
Molly Moyer	Skirt and Blouse	2 Red Ribbons
Sophie Mattson	Dress	Red Ribbon
Sydney Dieckmann	Leadership	Red Ribbon
Alise Prestrud	Quilt	Red Ribbon
Bailey Collins	Rabbit	Red Ribbon

# WYOMING STATE FAIR AND RODEO

## DOUGLAS, WY

Congratulations to all the Teton County youth that exhibited at the state fair:

McKenna Brinton- Beef

Heather Budge- Rabbit

Brayden Castagno—Beef & Swine

Kinzie Castagno- Swine

Kirby Castagno—Swine

Reegan Castagno—Swine

Ryley Hasenack- Horse

Keith Holmes- Horse

Jamie Lucas- Beef

Shane Lucas-Beef

Jordan Lutz- Rabbit

Ryder Marshall- Beef



## THANK YOU NOTES



Thank you notes are a very important part of your success. Thank all those who help you including: your leader, parents, fellow 4-Hers, judges, buyers, trophy donors, and award donors. A smile and a thank you will brighten everyone's day.



**LIVESTOCK CHECKS ARE NOW READY FOR PICK-UP!**

4-H Leaders  
Council  
Meeting  
Nov. 12,  
5: 30 p.m.  
4-H Office

All 4-H  
Leaders and  
Jr.  
Leaders are  
members of  
the

4-H Council.  
Meetings are  
on the 2nd  
Tuesday of  
every other  
month at  
5:30 pm



The purpose  
of the 4-H  
Council is to  
ensure that  
the essential  
elements of  
positive youth  
development  
are incorpo-  
rated into all  
aspects of  
the county  
4-H program.

For more  
information  
visit our  
website:

[www.tetonwy.org](http://www.tetonwy.org)



# 4-H LEADERS

"One value that was sewn into the stitching of our character at a very early age had to do with our responsibility to help others....We were expected to be of assistance to our neighbors... "Being neighborly"... was synonymous with being kind, friendly, and helpful to our neighbors and something that we were encouraged to do on a regular basis through firsthand experience. It was a bit like mandatory community service." Beneca Ward

Leaders thank you for all your hard work this past year! The 4-H program would not be as effective and successful without volunteers like you! Your are truly making an impact and difference in the lives of our Teton youth and we are in debt to you.

Here are some activities these next two months that are really important in club development:

- ◆ **September 9th-20th:** Record Book Scoring
- ◆ **October 6th-12th:** National 4-H Week
- ◆ **October 6th-12th:** Stop by the 4-H Office and get a yard sign for recruitment
- ◆ **October 7th:** Re-enrollment Night and Open House- Please come prepared to share club highlights and details to members and new potential members. 6-8 p.m. @ 4-H Building and in Alta
- ◆ **October 9th:** 4-H supporter appreciation night 6-8 pm @ the 4-H Building
- ◆ **October 12th:** 4-H community service highway clean-up
- ◆ **October 22nd:** Achievement Night @ 6:30 pm, Fair Exhibit Hall

**4-H Leader Appreciation Night**  
**October 28, 2013**

# PROMOTE 4-H



Check out one of these yard signs from the 4-H Office to display in your yard during National 4-H Week, October 6-12th!

Teton 4-H currently has the following clubs:

- \* Market Beef
- \* Market Sheep
- \* Breeding Beef
- \* Market Swine
- \* Breeding Sheep
- \* Meat Goats
- \* Breeding Swine
- \* Cake Decorating
- \* Citizenship
- \* Photography
- \* Poultry
- \* Quilting
- \* Dogs
- \* Rabbits

- \* Recreation
- \* Pocket Pets
- \* Self-determined
- \* Wildlife
- \* Horses
- \* Sport fishing
- \* Shotgun
- \* Rifle
- \* Fabric and Fashion
- \* Computers
- \* Pistol
- \* Crocheting
- \* Dairy Cattle
- \* Dairy Goats
- \* Electricity
- \* Range Management
- \* Entomology
- \* Foods and Nutrition
- \* Gardening
- \* Robotics
- \* Geology
- \* Rope craft
- \* GIS/GPS
- \* Health
- \* Horse Judging
- \* Vegetable Judging
- \* Horticulture
- \* Veterinary Science
- \* Hunting
- \* Visual Arts
- \* Interior Design
- \* Web Pages
- \* Knitting
- \* Leather craft
- \* Woodworking
- \* Livestock Judging
- \* Wool Judging

We need leaders for the following:

- \* Aerospace
- \* Archery
- \* Meats Judging
- \* Muzzle loading
- \* Cats
- \* Nature and Ecology
- \* Child Development



Please tell all your friends and family about Teton County 4-H! Share all your memories and invite them to join too! There will be an open house at the 4-H Office on Monday, October 7, 2013 come sign up for 4-H and bring a friend or two that would like to join 4-H or find out a little more about the organization.



# NATIONAL 4-H WEEK

**MONDAY, OCTOBER 7, 2013:**

Open House and Re-Enrollment Night 6-8 pm

Jackson: 4-H Building

Alta: Alta School

Come learn about the projects and activities 4-H has to offer!

**WEDNESDAY, OCTOBER 9, 2013:**

4-H Supporter Appreciation Night 6-8 pm

Teton County 4-H Building

Dress nice and come say thank you to the 4-H supporters in our county! If you were a recipient of an award or sold in the livestock auction call your buyers and donors and invite them to the party.

**SATURDAY, OCTOBER 12, 2013:**

4-H Community Service Highway Clean Up; Meet at the 4-H Office @ 9 am

Between Spring Gulch Road and Skyline Community

Come join the 4-H community to clean up the highway!

Questions about these events? Call Amanda at the 4-H Office!



# ACHIEVEMENT NIGHT

OCTOBER 22, 2013 AT 6:30 P.M.

FAIR EXHIBIT HALL

4-H Achievement Night is the year-end celebration of all the year's achievements. All 4-H members will be honored for years of membership, Record Book awards, and special leadership awards. Record Books and premium checks will also be awarded at this time.

**Please have dinner before this event.** The 4-H Council and the Jr. Leaders will provide desserts and drinks following the awards program!

## PRIZE RAFFLE

Included in this newsletter is a 4-H Program Questionnaire for leaders, members and parents. We want to hear your feedback about this year in 4-H. This feedback will help guide us in making decisions for next year. It will also help to identify your needs and keep the program current and exciting. Please take a little time to answer these questions thoughtfully. Turn the questionnaire before October 1st or bring it to Achievement Night and you will be entered to win great prizes that night.

### AWARD NOMINATIONS

- ♦ **Outstanding Youth:** All youth
- ♦ **Above and Beyond Leader:** All leaders
- ♦ **Rookie Leader of the Year:** 1st or 2nd year leader
- ♦ **Friend of 4-H:** community member or organization that has helped the 4-H program.

Nomination forms are found at the end of this newsletter. These are due by email [azamudio@tetonwyo.org](mailto:azamudio@tetonwyo.org) or turned into the 4-H Office by October 1st. Nominations turned in after this time will not be considered.

### RECORD BOOKS

Record Books will be returned to members at Achievement Night.

If you are unable to attend Achievement Night, please pick up your packet in the 4-H Office immediately after Achievement Night. This packet includes your premium check from Fair. Premium checks must be cashed by March 1st.



# 4-H MEMBER RECOGNITION



## Membership Recognition

Member has turned in all required enrollment materials .

Member has behaved in an appropriate manner at all 4-H activities, events, and meetings .

Member is enrolled in at least one project .

Member is enrolled in at least one club or has approval of county

4-H Educator.

## Silver Recognition

Member meets Membership Recognition criteria.

Member has exhibited what he/she learned at some point in the current 4-H year.

Member provides documentation of setting goals, knowledge/skills gained and participation in project (via the Record Book).



## Gold Recognition

Member meets Membership Recognition criteria.

Member has exhibited what he/she learned at some point in the current 4-H year.

Member provides documentation of participation in *all* essential elements of positive youth development: setting goals, knowledge/skills gained, recognition, leadership, community service, and participation (via the Record Book).

## Wyoming 4-H Honors Club

The ultimate achievement that a 4-H member can obtain is inclusion in the Wyoming 4-H Honors Club. It is based on the principle of providing recognition for youth that maximize their opportunities to foster positive youth development elements of belonging, independence, generosity, and mastery over their time as a member in the program. Nineteen (19) points must be accumulated to obtain the status. Annual efforts are accumulated based on receiving three (3) points for a gold effort and one (1) point for a silver effort.

# 4-H PHOTOS



Please email photos from the 4-H year to [azamudio@tetonwyo.org](mailto:azamudio@tetonwyo.org). We would love to put them in the program for achievement night!

# 2012 PROPOSAL FOR CHANGE

Teton County 4-H Rules and Guidelines

Proposal for Change

Due October 1, 2013

(Will be reviewed by committee and decided on by the Teton County 4-H Council  
at the November 4-H Council meeting)

Current Rule:

Proposed Change:

## AWARD NOMINATIONS (DUE OCTOBER 1, 2012)

### Outstanding Youth Nomination Form

Your Nominee Is: \_\_\_\_\_ Your Name: \_\_\_\_\_

I feel this member is deserving of this award because (use additional paper if necessary):

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### Above and Beyond 4-H Leader Nomination Form

This award is open to any 4-H Leader

Your Nominee Is: \_\_\_\_\_ Your Name: \_\_\_\_\_

I feel this leader is deserving of this award because (use additional paper if necessary):

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### Rookie Leader Nomination Form

This award is open to any first or second year 4-H Leader

Your Nominee Is: \_\_\_\_\_ Your Name: \_\_\_\_\_

I feel this leader is deserving of this award because (use additional paper if necessary):

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### Friend of 4-H Nomination Form

This award is open to any person or business that has helped support the 4-H program. Awards will be presented at Achievement Night in October.

Your Nominee Is: \_\_\_\_\_

I feel this person/business is deserving of this award because (use additional paper if necessary):

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## 4-H CLUB LEADER THANK YOU

Please fill out as many of these questions as you can by Oct. 1st. Please email any pictures you have of your 4-H Leader in action to [azamudio@tetonwyo.org](mailto:azamudio@tetonwyo.org) by Oct. 1st. Responses to questions can also be emailed.

1. What is your name? \_\_\_\_\_
2. If you could tell your 4-H leader (s) thank you for what they have done for you, what would you say? (please include their name)
2. How has your 4-H Leader (s) or 4-H changed you?
3. What is your favorite thing about your 4-H Leader (s)?
4. Is there anything else you would like to tell your 4-H Leader?

Thank you for taking the time to thank your 4-H Leader!

# 4-H MEMBER

## Teton County 4-H Program Questionnaire

Name: \_\_\_\_\_

Please take a few minutes to answer these questions. Use additional paper if you need additional writing space.

What is your favorite thing about being in 4-H?

What challenges did you have this year in 4-H?

In what ways did your 4-H Leader help you to be successful this year?

How could your leader be more helpful in the future?

This year Character Counts! was incorporated in many aspects of 4-H. Did you do any Character Counts! activities in your club?

## 4-H MEMBER (CONTINUED)

Teton County 4-H Program Questionnaire

How do you plan to use what you learned this year in 4-H for the future?

What did you like best about 4-H this year?

What can we do to make 4-H better in Teton County?

Thanks for completing this questionnaire!

# 4-H PARENT

## Teton County 4-H Program Assessment

Name: \_\_\_\_\_

Please take a moment to complete this questionnaire. Your input is essential to the success and growth of the program and will guide me in decisions and additions for next year. I appreciate your thoughtful responses. Feel free to continue your responses on additional paper.

**What went well this year regarding 4-H?**

**What challenges did you and/or your 4-Her have this year?**

**In what ways could the 4-H Office staff help you with these challenges?**

**What trainings, clinics, or workshops would you like to see offered in the future?**

**What suggestions do you have to improve the current 4-H Program in Teton County?**

## 4-H PARENT (CONTINUED)

### Teton County 4-H Program Questionnaire

Do you feel the 4-H Newsletter is an effective way to make information known? If not, what ideas do you have to better communicate information about the program?

What did you feel was well done in 4-H this year?

What can we do to make 4-H better in Teton County?

Thanks for completing this questionnaire!

# 4-H CLUB LEADER

## Teton County 4-H Program Questionnaire

Name: \_\_\_\_\_

Please take a moment to complete this Questionnaire. As a 4-H Leader, you are the foundation of this organization. Your input is essential to the success and growth of the program and will guide decisions and additions for this coming year. Thoughtful responses are appreciated.

Feel free to use additional paper if necessary.

What went well in your club this year?

What challenges did you have this year?

In what ways could the 4-H Office staff help you with these challenges?

What trainings, clinics, or workshops would you like to see offered in the future?

If you could give a new 4-H Leader one piece of advice, what would it be?

What suggestions do you have to improve the current 4-H Program in Teton County?

## 4-H CLUB LEADER (CONTINUED)

### Teton County 4-H Program Questionnaire

Do you feel the 4-H Newsletter is an effective way to make information known? If not, what ideas do you have to better communicate information about the program?

What did you feel was well done in 4-H this year?

What can we do to make 4-H better in Teton County?

Thanks for completing this questionnaire!

# EXTENSION NEWS

The American diet is said to be increasingly energy-rich but nutrient-poor. Rising rates of obesity and type 2 diabetes in the United States continue to be linked to a growing consumption of refined grains, and added sugars and fats. Refined grains, fats, and sweets are inexpensive, tasty, and convenient. However, they can also be energy-dense (high in calories) and are sometimes poor in vitamins, minerals, and other micronutrients.

How do you decide which foods you want to eat? Flavor? Texture? Convenience? Comfort? Many people choose the foods they eat based on immediate gratification, without much thought about the long-term effects of their selections. That often results in selecting foods that taste good, but are not healthy for you. What about the nutritional value of the foods you eat? When you choose your foods, be sure to consider the nutrient density of the foods. "Power foods" are nutrient-dense foods which are rich in nutrients such as vitamins and minerals and other substances with health benefits. These substances include fiber, phytochemicals and essential fatty acids. Nutrient-dense forms of foods are smart choices — they provide the nutrients you need with relatively fewer calories than other choices in the same food group. Nutrient-dense foods are not the same as energy-dense foods, which have more calories for the volume of food and generally fewer nutrients.

Eating a wide variety of power foods ensures that your body gets all the nutrients needed, with little saturated fat. Many fruits and vegetables qualify as power foods, including carrots, tomatoes, broccoli, kale, spinach, berries, apples, cherries, pomegranate and oranges. Other nutrient-dense power foods include salmon, tuna, trout, low-fat dairy products, oatmeal and whole grains, soy, and dry beans. On the other hand, energy-dense, nutrient-poor choices include foods that are high in sugar and fat including refined white breads, pasta, pastries, processed lunch meats and cheeses, ice cream, candy, soda and potato chips.

How can you tell which foods are nutrient-dense? Choosing nutrient-dense super foods at the grocery store is easier if you stay along the outside

edges of the store interior, where the produce, fresh lean meats and low-fat dairy are found. On packages, you can easily find the Nutrition Facts label on the backs or sides. Look at the serving sizes, note the number of calories per serving and look at the amount of fiber, vitamins, calcium and iron. Packaged food that has the better combination of lower calories, higher nutrients and less sodium is a good choice.

## Tomato and Cucumber Salad

### Vinaigrette:



2 Tbsp. balsamic vinegar  
1 Tbsp. olive oil  
1  $\frac{1}{2}$  Tbsp. Dijon mustard  
1  $\frac{1}{2}$  Tbsp. water  
 $\frac{1}{2}$  tsp. dried basil  
 $\frac{1}{4}$  tsp. freshly ground black pepper



### Salad:

4 ripe medium tomatoes  
3 medium cucumbers

In a small bowl, whisk the vinegar and oil. Add the mustard and water and whisk until blended. Whisk in the basil and pepper. Whisk again before using.

Core the tomatoes and cut into wedges. Cut each wedge in half. Peel the cucumbers and slice into  $\frac{1}{2}$  inch thick rounds. Quarter the rounds.

Toss the tomatoes and cucumbers in a large bowl. Pour the vinaigrette dressing over them, stirring gently to mix, and then set aside to marinate for 10 -60 minutes. Enjoy.

Eating nutrient-dense power foods ensures you are getting the nutrition you need. Once you understand which foods are nutrient-dense, the rest is easy. Remember the foods you eat can affect your health in a big way.

For more information contact your University of Wyoming Extension Nutrition and Food Safety Educator Jennifer Jacobsen at [jjacobsen@tetonwyo.org](mailto:jjacobsen@tetonwyo.org)

Source: <http://uwyoextension.org/uwnutrition/> Karla Case, UW Extension Educator, ADA Complete Food and Nutrition Guide



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4-H**



4-H is a **community of young people**  
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## 4-H FAMILY NEWSLETTER

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- 4H Opportunities**
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