



4-H AT HOME



FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED

HERB PIZZA STRIPS

Ingredients Needed

1 uncooked pizza dough or can of crescent roll dough
3 Tablespoons Olive Oil
1 1/2 teaspoon garlic powder
2 teaspoons dried mixed herbs or Italian seasoning
1 teaspoon of chili flakes or chili powder

Directions:

1. Preheat oven to 400 degrees.
2. Place pizza dough or crescent rolls on a cutting board.
3. Mix together all the other ingredients in a bowl
4. Spread the mixture on the dough, making sure it is evenly covered
5. Cut dough into strips. (using a pizza cutter makes this easy)
6. Place strips on baking pan.
7. Bake for 20 to 25 minutes or until golden brown



Food, Fun and 4-H is an at home cooking program to encourage young people in the kitchen, preparing home-cooked meals, trying new foods while encouraging family time!

Cost: FREE This program is funded through the Walmart Healthy Habits grant and is available to any youth at no charge.

How It Works: Register by May 15th, registration is limited, so don't wait! Go to: <https://bit.ly/2SlvQDB>

What You Get: In May, June, July and August, youth friendly recipes, table topics for family mealtime conversation and education and physical activity challenge. Youth currently in 4-H will also receive a 4-H apron and a kitchen utensil used in the next set of recipes.

What Is Expected: Those registered have 20 days to prepare their recipe, share two photos (one preparing the recipe and one photo of their family mealtime) and answer 3 questions about their cooking experience and meal time.

Pillowcase Project

Oklahoma weather can be very unpredictable. Being prepared can not only save a life but help you feel more comfortable in a strange situation and more confident about what to do.

Supplies Needed:

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|----------------|----------------------------------|-------------------|
| Pillowcase | Bottle of water | Flashlight |
| Portable radio | First Aid Kit | Toothbrush |
| Toothpaste | Small toy | Change of clothes |
| Family Photos | Batteries for radio & flashlight | |



Directions: Put all of the items listed above and put them in the pillowcase. Put the pillowcase where you can find it easily. You will be prepared if you need to leave your home quickly in case of an emergency.

See a great video about the Pillowcase Project at: <https://youtu.be/LkeizaPGoQk>

Peanut Butter Drop Balls



Directions:

1. Mix all the ingredients together in a bowl. Add another teaspoon of water if it isn't mixing together very well
2. Put the mixture on wax paper and flatten to form a rectangle
3. Put into the freezer until it hardens then enjoy!

Ingredients Needed

- 1/4 Cups of Oats
- 6 packets of no calorie sweetener
- 2 Tablespoons of Peanut Butter
- 1 teaspoon Cocoa Powder
- 2 + teaspoons of Hot Water

READY FOR MORE!

The recipes and pillowcase project came from the Oklahoma 4-H Healthy Living Ambassadors and Cathy Allen, Associate State Specialist 4-H Curriculum Coordinator. This and more can be found at: <http://4h.okstate.edu/weekly-healthy-habits>

To get weekly healthy living activities sent to your inbox, subscribe to our newsletter: <https://bit.ly/4HHealthyHabits>



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