



February Help Tips for Leaders ...

Health Report: Refer to your West Virginia 4-H Club Health Activity Guide: SAFETY

Noise Hazard Month

Don't forget the "February Take-home Sheet" in the back of the book



Safety Report: Food Safety Tip

To keep you and your family safe be sure to implement these safe food-handling practices:

- **Keep it clean** – Wash kitchen counters and hands often.
- **Separate** – Keep raw meat, poultry, fish and their juices away from other food. After cutting raw meats, wash cutting boards, knives and counter tops with hot, soapy water.
- **Cook** – Make sure foods are prepared to proper temperatures, according to a food thermometer
- **Keep hot foods hot and cold foods cold** – Hot food must remain above 140°F and cold food below 40°F. Discard any food left out at room temperature for more than 2 hours.

Conservation Report: Test Your Knowledge About Water!

- 1) On average, how many gallons of water does the average American use each day?
a) 40-50 gallons b) 50-70 gallons c) 70-90 gallons d) 80-100 gallons
- 2) True or False: Rainwater is new water?
a) True b) False

1) **d.** The average person uses about 80-100 gallons of water each day. That's enough water to fill up the average bathtub almost three times! Water conservation practices can be used at all times of the year, especially during times of drought. When a drought has impacted your area, there can be a water restriction put in place. Knowing different ways you can conserve water can help.

2) **True.** The Earth's water is continually in a cycle, known as the water cycle. Rainfall is evaporated water falling back down to the ground. Water on the surface of the Earth evaporates and rises into the air, condenses into clouds and then falls as rain (or snow) and runs along the surface as runoff into lakes and rivers or seeps into the ground.

Healthy Snack Ideas for February:

From Health Book:

A crunchy “noisy” food (like celery)
and a soft food (like peanut butter or cream cheese)

