



April Help Tips for Leaders ...

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

BE SAFE AROUND DOGS MONTH

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

Safety Report:

Food Safety Tip:

When spring cleaning the kitchen, don't forget the refrigerator. It will improve the safety and quality of your foods. For the best cleaning results, always refer to your owner's manual, but here are a few simple tips.

- Scrub down the inside walls, shelves and drawers with warm soapy water and a clean sponge. Rinse and dry with paper towels or a clean cloth.
- Make it a habit to wipe up spills immediately, especially from raw meat juices.
- Unplug the refrigerator and vacuum the condenser coils. Vacuum the front grill to remove dust and allow free airflow to the condenser for best cooling and efficiency.
- Sort through foods at least once a week to throw out those that are past their prime. Use expiration dates as a guide but when in doubt, throw it out.

Conservation Report: Earth Day Tips

April 22 is EARTH DAY!!! WHAT WILL YOU DO?!?!? Teach others that every day is Earth Day. Anything to help our environment is a perfect thing to do on Earth Day and every day. Don't restrict yourself to just one day a year; learn about how you can make a difference to environmental protection all the time. And put it into practice - every day!

Healthy Snack Ideas for April:

From Health Book: (because it's Dog Safety Month)

Banana Dog

(see page 21 of your Leaders Guide)



Earth Day is coming up and we thought it would be fun to make a **Earth Day Fruit Snack!** This was so much fun to make and the kids will have fun creating this one themselves! It's also a great time to talk with your kids about our beautiful earth and all of the different countries!

Earth Day Fruit Snack

- 1 Green Apple**
- 1 Blue Fruit Roll Up**
- 2 Large Strawberries**

Cut the green apple in half. Place it on a plate. Our blueberry fruit roll up came in thin strips. We got the Great Value brand at Walmart. Lay a few strips on the apples and cut around to shape the countries. Use kitchen scissors or a knife. We pressed on our scraps to shape the rest. Cut the strawberries in half and place them on the top to look like hearts.



<http://www.fantasticfunandlearning.com/easy-tree-snack-for-kids.html>

HELIUM POLE

<http://www.ultimatecampresource.com/site/camp-activity/helium-stick.html>

<https://www.youtube.com/watch?v=bYdVKdAMIII>

