



Cumberland County is the winning team in the first 4-H Farm Safety and Health Quiz Bowl at the Pennsylvania Farm Show. Champions seated, from left, are Amy Kaucher and Mary Strasbaugh, Mechanicsburg. Standing, from left, are Aaron Cornman, Boiling Springs; Mark Fulton, Shippensburg; Jason Nailor, Mechanicsburg; and Abby Zarichansky, Newville. Betsy Walton, Carlisle, is the coach. Teams from across the state competed in the quiz show format that required members to know farm safety and health hazards and recommended best practices. The quiz bowl is a fun and educational program that encourages agriculture safety. The teach is preparing Farm Safety programs for use in schools and 4-H clubs.

**Family Living
Focus**

Marlene O. Nash
Multi-County
Nutrition/Health Agent



Seven Steps to Healthful Eating

Just like you take your car into the shop for a regular oil change, it's time to recheck and refine your eating habits.

March is National Nutrition Month, a month set aside by the American Dietetic Association for Americans to pause and assess their daily eating habits and physical activity levels.

The theme of this year's National Nutrition Month is "Food and Fitness: Health for a Lifetime." This theme helps Americans to focus on the important role that healthful eating and regular physical activity plays in their overall wellness.

Just like a car needs a certain grade of oil and certain type of fuel, our bodies run best on healthy, high quality, foods. We

also function best when we exercise our bodies, more often than just a "Sunday drive." The benefits of good eating and exercise habits are many, including that you will look and feel your best and be able to do the things you want to do.

Healthful eating is easy. You don't need to follow a lot of rules. Here's how you can start making healthier food choices.

1. Start strong. Start your day with breakfast. Breakfast eaters do better at work and school. Fuel your body right with breakfast for energy and good nutrition.

2. Pick a few. Whenever you get the chance: breakfast, lunch buffets, or snacktime, grab fruits and vegetables. They are packed with nutrients. Most are low in fat and calories. And they taste great, too! Always include fruits and vegetables on your shopping list.

3. Mix it up. Enjoy lots of different foods from all the food groups. No one food has all the nutrients you need to be healthy.

Be brave. Explore new tastes and try new foods. Or, prepare a favorite food using a new, interesting recipe. Make it fun! Have your kids help you prepare the food and then everyone gets to rate it as "thumbs up" or "thumbs down."

5. Snack smart. Choose snacks from different food groups. Smart snack choices will count as some of your servings from the food guide pyramid.

6. Get moving. Dance around the room with your child or dog. Take a walk with your child or dog. Sweep the floor; weed the garden; jump for joy! You get the idea. Do whatever gets you moving. You will feel good and have more energy, too.

7. Count it. Use the Food Guide Pyramid as your map to healthful eating. Include all the food groups every day. Each group provides important nutrients your body needs to stay running at its best.

To obtain more information on fueling and exercising your body, you can call your local cooperative extension office or you can visit the American Dietetic Association on the World Wide Web: www.eatright.org or call 800-366-1655.



**4-H
HAPPENINGS**

**HORSE CLUB
MEETING HELD**

On January 26th the Cumberland County Light Horse and Pony Club held their monthly meeting. The meeting was at the Cumberland County Extension Office at 7 p.m. in the lower level.

Newly installed President,

Nikki McCaffrey, called the meeting to order. Janine Guido lead the club in the American pledge, and Phyllis Martin, Novice Leader, took roll call. Levi Smith gave the treasurers report. After a brief report on the banquet held earlier this month, Carrie McLaughlin and Michelle Thomas gave a brief description of an

article they are putting together for the Kids World Magazine on the club. This article will talk about our club members 13 and under and promote our horse club.

The 4-H members in the Novice and Tenderfoot books went upstairs for the portion of the program by Laura Watts from the Extension Office. Handouts were given on "Horses and the Internet" to each of the 4-H members and Ms. Watts explained how to use the Internet.

The older 4-H members remained downstairs for the other

part of the evenings program on Parliamentary Procedures by County Extension Agent, Duane Duncan.

Heidi Evelhoch, our Recording Secretary, also did part of the program on how to get a head start on your project books. Heidi gave us several helpful suggestions in making our record keeping simple. At 7:30 p.m. the 4-H members switched places with the older ones going upstairs for the computer program and the younger staying downstairs for the procedure and record keeping program.

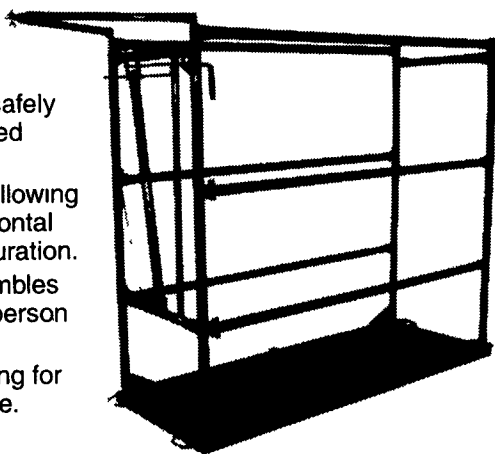


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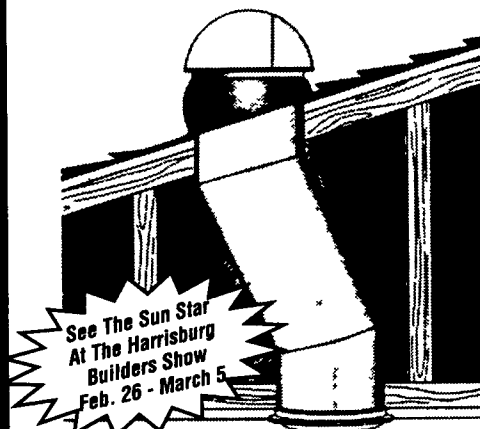
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