

# Irion County 4-H News

November 24, 2015



## Upcoming Events:

**SWINE VALIDATION MAKE-UP DATE:**

**Monday November 30th, 4:00-6:00pm County Show Barn**

**RABBIT VALIDATION: Tuesday December 1st**

**FOOD CHALLENGE PRACTICE: Tuesday December 1st, 4:00-5:00pm**

**DISTRICT 7 FOOD CHALLENGE CONTEST:**

**Thursday December 10th —San Angelo Fair Grounds**

**4-H DANCE: Saturday December 12th, 7:00 –11:00pm Community Center**

**IRION COUNTY 4-H ADULT LEADER MEETING**

**Tuesday December 15th, 6:30pm Courthouse Annex**

**IRION COUNTY 4-H CLUB MEETING**

**Thursday, December 17th, 6:30 pm Courthouse Annex**

**4-H CHRISTMAS PARTY – immediately following 4-H meeting**

**Ugly sweater competition, \$10 white elephant gift swap, and cookie decorating!**

**IRION COUNTY LIVESTOCK SHOW**

**Saturday January 9th, 2017 — County Show Barn**

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### PLEDGE:

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My HEAD to clearer thinking,  
My HEART to greater loyalty,  
My HANDS to larger service, and  
My HEALTH to better living  
For my club, my community,  
my country, my world

### MOTTO:

"To make the Best Better"

# Food & Nutrition Project News

## County Food Show Results

### Sub-Junior:

#### **Dairy:**

Olivia Waddell – Chocolate Chip Peanut Butter Smoothie

#### **Fruits & Vegetables:**

Anna Chappell – Fruit Salad

#### **Protein:**

Cannon Harris – Sausage Balls

### Junior:

#### **Protein:**

1<sup>st</sup> Place: Grady Jackson – Hamburger Roll Ups

### Intermediate:

#### **Fruits & Vegetables:**

1<sup>st</sup> Place: Baylee Lawdermilk – Creamy Fruit Salad

#### **Protein:**

1<sup>st</sup> Place: Caylee Harris – Best Egg Rolls

### Senior:

#### **Grains:**

1<sup>st</sup> Place: Makina Lawdermilk – Peanut Butter Oat Squares

A big THANK YOU goes out to Natalie Harris, our cooking class leader. Another big THANK YOU to our food show judges: Peggy Steiger & Devon Camacho.



## District 7 Food Show Results

Irion County 4-Hers Baylee Lawdermilk and Caylee Harris competed and placed at the District 7 Food Show in Abilene on November 21st. Congratulations Baylee and Caylee!!

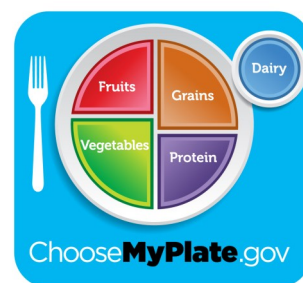
THANK YOU to District Food Show judge Natalie Harris for representing Irion County!!

## November Nutrition Tip: Make Half Your Grains Whole!

Any food made from wheat, rice, oats, cornmeal, or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, and tortillas are examples. Grains are divided into two sub-groups, whole grains and refined grains. Whole grains contain the entire grain kernel —the bran, germ, and endosperm. People who eat whole grains as part of a healthy diet have a reduced risk of some chronic diseases

### **Search the label**

Whole grains can be an easy choice when preparing meals. Choose whole-grain breads, breakfast cereals, and other prepared foods. Look at the Nutrition Facts labels to find choices lower in sodium, saturated (solid) fat, and sugars.



### **Look for the word “whole” at the beginning of the ingredients list**

Some whole-grain ingredients include whole oats, whole-wheat flour, whole-grain corn, whole-grain brown rice, and wild rice. Foods that say “multi-grain,” “100% wheat,” “high fiber,” or are brown in color may not be a whole-grain product.

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County 4-Hers held a fundraising bake sale on Sunday November 8th. The event was a big success, and made almost \$480! The money was used to buy food for Thanksgiving meals for families in need. 4-H members filled boxes with rolls, hot cocoa, recipes and ingredients for green bean casserole and apple cobbler, and more! The boxes were brought to the community center, to be distributed by the local food pantry.

Thank you to everyone who helped out with this project! You all did an awesome, amazing thing to assist others in our community.

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