



Clover Buds Newsletter



HEAD



HEART



HANDS



HEALTH

Iberville Parish Head Start

February—April 2009

Meeting Dates:

East Iberville Head Start
February 6, 2009
9:00 am

Iberville Head Start
Iron Farm Road
February 11, 2009
9:00 am

North Iberville Head Start
February 19, 2009
9:30 am

South Iberville Head Start
February 25, 2009
10:00 am

Homebuyer Program

Workshop

March 17, 24, 31

April 7

Time: 6:00—9:00 pm

Contact: Deborah Cross

225-687-5155

Easter's Work Shops in

March More Information will
be provided Soon!

4-H Pledge

I pledge...

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, and my World



BEEF POSTER CONTEST

Beef posters will be due March 18, 2009. There will be no March meeting, so posters must be submitted to the 4-H Office.

Rules for the contest are:

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.

DAIRY POSTER CONTEST

Posters due at February club meeting or no later than Feb 25 and **must be** turned in to the 4-H Club Agents. Dairy posters for the Dairy Billboard Contest are due at your **February** club meeting and will be picked up by the 4-H agent. Be creative. Remember, this is the full size poster and no items should. **ALL** posters are due no later than Friday, February 25, 2009.

Rules for the contest are:

1. Posters should be 11" x 14" white poster board. **Please do not use foam boards.**
2. Contestant should have their name, school, and grade written on the back of his/her poster.
3. The purpose should be to learn more about beef and/or beef products and their importance to human health.
4. **Do not** attach anything to the poster that is more than 1/2" thick or anything that extends beyond the edges.

WHAT HAVE WE BEEN DOING?

PAST ACTIVITIES

December: During the month of December the clover buds participated in the Christmas workshop. The Cloverbuds designed reindeer bugs, Santa Claus, and personalize their own hand print Ornaments the holiday spirit filled the air as Christmas music played in the background at South & North Iberville Head Starts Centers. The children ready enjoyed making their Christmas ornaments.

FUTURE ACTIVITIES

February: The clover buds will discover water. Seventy percent of the earth's surface is water. Water is always moving and changing among three states of mater (liquid, solid, and gas). The children will become more aware of water and how we use it. These hands-on activities will help make them aware of water in their natural surroundings.

KATHY'S MARDI GRAS SAFETY TIPS FOR CHILDREN

Contrary to popular belief, Mardi Gras is family-friendly. The part of Mardi Gras that's the most fun to those of us who celebrate it with our families are the Parades. To help kept your children safe try these tips.

- **Put Identification information on your children. On a piece of paper and put it in your child's pocket.**
- **To make it easier to kept up with your kids decorate a wagon pull the children and the food drinks to and from parades.**
- **Always check candy before allowing the children to eat them.**



4-H Cloverbuds
Louisiana State University Extension Service

MARDI GRAS KING CAKE RECIPE

1 c fat-free skim milk
4 tbsp reduced-calorie margarine
1/2 oz yeast, (2 1/4 oz packets)
2/3 c water, warm (about 110°)
1/2 c granulated sugar substitute
1 tsp granulated sugar
1/2 c fat-free egg substitute
1 tsp table salt
1 tsp ground nutmeg
5 c all-purpose flour (or as little as 4 cups see instructions)
2 sprays cooking spray
1/2 c packed light brown sugar
1 1/2 tsp ground cinnamon
1 tbsp reduced-calorie margarine, melted
1 c powdered sugar
3 tbsp water
Purple, Green and Gold coloring



To make dough, combine milk and 4 tablespoons of margarine in a small saucepan; set pan over medium-low heat. Heat mixture until tiny bubbles appear around edges of pan. Remove pan from heat and set aside to cool slightly.

Meanwhile, in a large mixing bowl, combine yeast, 2/3 cup of warm water and 1 tablespoon of granulated sugar; let stand 5 minutes. Beat in egg substitute. Beat in cooled milk mixture. Beat in remaining granulated sugar substitute, salt and nutmeg.

Add flour, 1 cup at a time, and mix until blended and no longer sticky (this will take 4-5 cups). Using dough hook attachment on your mixer, or your hands, knead dough until smooth and elastic (about 2 minutes with dough hook and 8 minutes by hand). Shape dough into a ball.

Coat a large bowl with cooking spray. Add dough and turn to coat on all sides. Cover bowl with plastic wrap and let dough rise in a warm place until doubled in bulk, about 1 1/2 hours.

When dough has risen, punch dough down with your fists to let air out. Roll into a large rectangle, about 14 X 18 inches; set aside.

To make filling, combine brown sugar, cinnamon and melted margarine in a bowl; mix until crumbly.

Sprinkle filling evenly over dough, to within 1/4 inch of edges of rectangle.

Starting from wider side of rectangle, roll dough up tightly, like a jelly roll. Bring ends of roll together to form an oval-shaped ring.

Coat a baking sheet with cooking spray. Place dough ring on baking sheet and pinch ends together to form a seal.

Cover dough with plastic wrap and let rise in a warm place until doubled in size, about 45 minutes.

Preheat oven to 375°F.

Using a serrated knife, cut slits 1/3 of way through dough all around ring, 1 inch apart, to let steam vent. Bake for 25 to 30 minutes, until golden. Remove from oven.

Mix powdered sugar and water in a small bowl; whisk until smooth. Divide mixture in 3 containers; add coloring and drizzle over top of cake alternating colors.

HERE ARE SOME EASTER SAFETY SUGGESTIONS:

- Be sure that Easter toys and dolls (such as bunnies, chicks etc) are free of choking hazards. Pieces that can be removed from a doll or toy pose a potential choking danger to small children.
- In order to prevent choking do not give small candies or chocolates to children less than 5 years of age.
- Chocolate Bunny's are an Easter tradition...however, be very careful when giving such gifts to children who are peanut or nut allergic. Make sure you read the label of contents, as many chocolates, although said to be "pure chocolate", may have been in contact with nuts or peanuts during their preparation or packaging.

EGG SAFETY:



- Eggs are a potentially hazardous food, in the same category as meat, poultry, fish, and milk. In other words, they are capable of supporting the rapid growth of disease-causing bacteria like Salmonella. Before boiling eggs for Easter decorating/painting, they must be kept refrigerated.
- Never leave raw eggs in any form at room temperature for more than 2 hours. Don't eat or cook with cracked eggs or eggs that have been un-refrigerated for more than two hours.
- Hard-boiled Easter (decorated) eggs left in room temperature for many hours or days as a decoration or table centerpiece should be discarded and not eaten.
- Use only clean, unbroken eggs. Discard dirty or broken eggs. When you boil your eggs, make sure the water is hot (185-190 degrees F). Cool your eggs in cold water or just in the air.
- Cleanliness of hands, utensils and work surfaces is essential in preventing spread of bacteria. Always wash your hands when handling your eggs, especially between cooking, cooling and dyeing. Wash hands again, along with all utensils, equipment and counter tops that have been in contact with any raw food before preparing other foods.

NUTRITION FACTS: SNACK TIME!

Snacks can be good for us, if we make good choices. Snacking has become a way of life for both adults and children. A recent study reported that over 95 percent of the women and children in this country have at least one snack each day. Kids like you benefit from healthy snacks. If you can't eat enough at meal time to satisfy your hunger and provide all of the nutrients you need, grab a snack! Snacks can provide the additional foods you need.

Many common snack foods are high in fat, sugar and sodium. If these foods are used for snacks frequently, they can affect our health. Some healthy snack ideas are: Raw vegetables served with a low fat dip, fresh fruit, low fat muffins, non-sugared cereals, popcorn, and low-fat yogurt.

Help your parents shop and pick out your own healthy snacks at the store. Plan your snacks throughout the day, and carry with you so you don't get hungry! Try to pick your snacks based on the suggested number of servings in the MyPyramid.

HAVE A HAPPY EASTER!

Kathy Jones