



4-H FAX



Healthy Living

LSU AgCenter



January Supplement

Yogurt Smoothie in-a-bag



Serving Size: 1 drink.

INGREDIENTS:

- 1/2 cup plain or vanilla flavor yogurt
- 2 tablespoons low-fat milk
- 1-2 tablespoons frozen fruit juice concentrate (thawed)
- 1 small zip top plastic bag
- 1 straw

DIRECTIONS:

1. Place yogurt, milk and juice concentrate in bag.
2. Seal bag and squish until all ingredients are mixed well.
3. Insert a straw in the bag and enjoy your smoothie!

HELPFUL HINTS:

Try a variety of yogurt and fruit juice flavors, like key lime yogurt and frozen limeade, or strawberry yogurt with frozen fruit punch!

Having a party? This is a great activity to get everyone involved. Set out a variety of yogurt blends and frozen juices, and let everyone make up their own signature



THE FUNNY BOX!

What do you get from an Alaskan cow?

Ice cream!

Where do Russians get their milk?

From Mos-COW!

What do you call a cow in an earthquake?

A MILK-shake!

AGFACTS

All about YOGURT!

Did you know?

- Yogurt can improve acne!
- Eat yogurt and get rid of bad breath!
- Americans eat over 300,000 tons of yogurt each year!
- Yogurt is popular all over the world and was praised for its health benefits as far back as 500 BC!
- Considered to have originated in the Middle East, Turkey or Iran.
- Fruit was first added to commercial yogurt in the U.S. in 1946 by Danon.
- Gained popularity in 1950 when it was dubbed "the wonder food."
- It takes about 1 pound of whole milk to make 1 pound of yogurt.
- Yogurt is non fattening.
- Yogurt has live cultures that are good for digestion.
- Yogurt is available in many forms:
 - Spoon-free tubes
 - Drinkable smoothies
 - Yogurt plus toppings
 - Full-fat original
 - Low-calorie or lite
 - Soy-based

Is your food safe?

Do you like to help out in the kitchen? Do you enjoy making you own afternoon snack? If so, you need to know how important it is to keep your family's food safe to eat.

There are four simple steps that everyone in your family should follow for food safety:

1. **Clean** – Wash hands, counters and your table often and carefully.
2. **Separate** – Keep raw and cooked food separate.

3. **Chill** – Refrigerate food right away. Don't leave it out at room temperature for more than two hours.
4. **Cook** – Cook food to a safe, proper temperature. Using a food thermometer is the only way to tell for sure whether the food has been heated to a high enough temperature to kill bacteria.

When should you wash your hands:

- After using the bathroom
- After blowing your nose or coughing
- Before eating, serving or preparing food
- After touching pets or other animals
- After outdoor activities
- Before and after visiting anyone who is sick
- When your hands are dirty
- After changing a diaper

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Food Safety Crossword
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Wash Your Hands!

FIGHT GERMS BY WASHING YOUR HANDS!



1 Wet your hands



2 Soap



3 Lather and scrub - 20 sec



4 Rinse - 10 sec



5 Turn off tap



6 Dry your hands

DONT FORGET TO WASH:

- between your fingers
- under your nails
- the tops of your hands

Think about all the things you've touched since you last washed your hands...doorknobs? Handles? Phones? Pencils and pens? If you don't wash your hands frequently, you can pick up germs and infect yourself. The most common way to catch a cold is by rubbing your eyes, nose and mouth after your hands have come into contact with germs. Did you know that the common cold is responsible for 22 million lost school days each year?

Keep Your Family's Food Safe



"Wash your hands!" How many times have you heard that?

They aren't just nagging you. They just want to make sure you don't get sick.

Hand washing is important for your whole family. Even if your hands look clean, they probably carry germs (or bacteria).

Germs are everywhere. If you wash your hands well with warm, soapy water, you can get rid of the germs.

Some germs can make you very sick. Colds and flu can spread from one person to another in your family through unwashed hands. It is easy to spread germs from dirty hands to food also. To keep germs at bay, always wash hands before

handling food or eating a meal or snack. Proper hand washing takes three things:

- warm water
- soap
- rubbing your hands for at least 20 to 30 seconds.

Provided by LSU AgCenter Community Nutrition Programs

This institution is an equal opportunity provider. This material was funded partially by USDA's Supplemental Nutrition Program (SNAP). SNAP provides nutrition assistance to people with low income. It can help you buy nutritious foods for a better diet. **To find out how to apply, call 1-888-LAHELPU or visit www.dss.state.la.us to download an application for SNAP.**

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