

Get in the Groove

Summer is winding down. The days are getting shorter. Our gardens aren't producing quite as much as they did a few weeks ago. Football practice is in full swing. School is (or soon will be) back in session.

As the seasons change so do our daily schedules. Now is the time to start a good back-to-school routine.

Getting adequate sleep is important for all of us but it is especially important for our children. Establish a bedtime routine to help your kids wind down and relax. A bath followed by some reading or listening to quiet music can signal the body that it is time to sleep.

Good nutrition is also important for kids to do their best in school. If they do not eat breakfast at school make sure they have something before leaving the house. It can be something simple; a hard boiled egg and a piece of fruit, toast with peanut butter and a glass of milk or a breakfast burrito and some juice.

And don't forget to include some time for active playing after school. No one can do their best if they are tired or hungry so help your children to do their best every day!



Banana in a Blanket

1 (6 inch) whole wheat tortilla
1 tablespoon reduced-fat peanut butter
1 medium banana
1 teaspoon maple syrup or honey
1 tablespoon crunchy cereal

1. Spread peanut butter on tortilla.
2. Sprinkle the cereal over the peanut butter.
3. Spread the maple syrup or honey over the peanut butter.
4. Peel the banana and place it on the tortilla.

Roll up and enjoy!

Makes 1 serving.

Per serving: 303 calories, 6.4 g. total fat, 1.2 g. saturated fat, 9 g. protein, 63 g. carbohydrates, 7 g. dietary fiber, 306 mg. sodium.



Source: Adapted from Cool Fuel

Freezing Fresh from the Garden



If you enjoy the tasty fruits and vegetables this time of year, there is a simple way that you can preserve that flavor to enjoy year-round. Freezing is easy, convenient and quick. Select fruits and vegetables that are ripe and ready to eat—not too hard or soft. Some fruits and vegetables require blanching (quickly boiling it) or treating with ascorbic acid to keep it from browning.

Freezing does change the texture of the food because you are freezing the water in the food. Freeze in small quantities so it freezes quickly and your thawed food will not be as mushy.

Good packaging is important in freezing because it keeps the air from getting in which can cause moisture loss and freezer burn. Buy plastic bags that are designed for freezing or use plastic freezer containers with tight-fitting lids. Home frozen foods have a storage life of 8 to 12 months for best quality. For more information, go to the National Center for Home Food Preservation at <http://nchfp.uga.edu>.

Lisa McCoy, MS, RDN, Extension Educator, FCS-Healthy Living

What will I do in 4-H?

In 4-H, you can learn new skills like taking photographs, cooking, caring for pets, building bird houses, gardening, public speaking, drawing or painting, fishing, and so much more. 4-H has more than 200 learn-by-doing projects. You'll enjoy plenty of fun activities as an Allegany County 4-H member. 4-H is fun for your whole family!

Who May Belong To 4-H?

Youth ages 8 to 18 as of January 1 of the current year can be 4-H members. Youth between the ages of 5 to 7 years as of January 1 may participate as Clover members.

How Much Does it Cost to Join 4-H?

There is a \$10 annual participation fee for 4-H members ages 8-18. Clover 4-H members ages 5-7 do not pay the participation fee.

What Do the H's Stand For?

Head, Heart, Hands, and Health
4-H member's 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."



4-H Clubs in Allegany County

Community Clubs:

- Busy Bee Club
- High Rock 4-H Club
- Mountain View (Mt. Savage)
- Westernport Bulldogs

Specialty Clubs:

- A*STAR (robotics)
- Capering Kids Goat Club
- Hare Raisers 4-H Rabbit Club
- Just Hoofin' It Horse Club
- Mt. & Valley (livestock)
- Sharp Shooters (shooting sports)
- 4-H Livestock Club
- 4-H Paws 'N Pals (dog)

You can also start your own club with as little as 5 members.

Call 301-724-3320.

Newsletter prepared by:
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The Expanded Food and Nutrition Education Program (EFNEP) helps families, **Eat better, Feel better, and Cut food costs.** To find out more about EFNEP contact:

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