

Wapello County 4-H Clover Corner



Hello Clover Kids!

2023-2024
Clover Kids
Sign –Up
Spots still open at
some schools.
Cost is ONLY \$45

National 4-H
Week is
October 1-7
Please
participate in our
challenges
throughout the
week!

Clover Kids
starts in October...

Monday, October 2 Seton/Wilson
Tuesday, October 3 Cardinal Group 1
Wednesday, October 4 Cardinal Group 2
Thursday, October 5 Pickwick
Monday, October 9 Douma
Tuesday, October 10 Liberty
Wednesday, October 11 Eisenhower Group 1
Thursday, October 12 Eisenhower Group 2
Monday, October 16 Eisenhower Group 3
Tuesday, October 17 Horace Mann Group 1
Wed. October 18 Horace Mann Group 2
Thursday, October 19 Ottumwa Christian
Thursday, October 31 Blakesburg

Feel free to contact
Mrs. Duff with any
questions!

lrduff@iastate.edu

641-777-5135



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.



We will be saying the 4-H Pledge at the Beginning of each Clover Kids Meeting – Starting in November if your child has it memorized they will receive a 4-H prize!



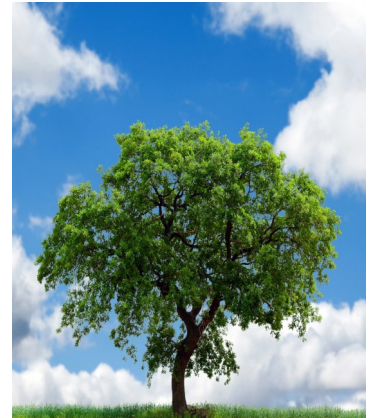
IOWA STATE UNIVERSITY
Extension and Outreach

Clover Corner Continued...

This month we at Clover Kids our lesson is
Terrific Trees

We will learn about the importance of trees! Did you know we depend on trees for wood products, food, water, and soil conservations and even oxygen?

Clover Kids will be learning about trees through fun and engaging activities! We will also be making a craft that you will be able to frame and have as a keepsake and they will be able to show it as a



Enchanted Forest Committee will be selling cookies for our event soon. The Clover Kid who SELLS the most cookies will get to PIE MRS. DUFF in the face LIVE on Facebook and at their school during Clover Kids! This has been a huge motivator in past years. I will be mentioning this to them during our October and November lessons. Cookie Sheets being passed out at October CK!



Like and Follow our
Wapello County 4-H
Facebook Page!



SPEND SMART. EAT SMART.®



Crunchy Apple Roll-Up

Serves Cost/Serving

2 \$0.33

Serving Size: 1/2 of roll-up

SPEND SMART. EAT SMART.®

[Get Help Buying Healthy Foods](#)

Crunchy Apple Roll-Up

Serves: 2 Cost/Serving: \$0.33 Serving Size: 1/2 of roll-up

INGREDIENTS

- 1/2 medium apple
- 1 tablespoon peanut butter
- 1 whole wheat tortilla
- 2 to 3 tablespoons crispy rice cereal

INSTRUCTIONS

- 1 Chop apple into small pieces, slice thinly, or shred with grater.
- 2 Spread peanut butter in a thin layer over tortilla.
- 3 Spread apple pieces in an even layer over peanut butter.
- 4 Sprinkle with cereal.
- 5 Roll up tightly and cut in half.

TIPS

Great as a snack or for lunch or breakfast!

Nutrition Facts

2 Servings Per Recipe

Serving Size: 1/2 of roll-up

Amount Per Serving

Calories 150

% Daily Value*

Total Fat 6g 8%

Saturated Fat 2g 10%

Trans Fat 0g

Cholesterol 0mg 0%

Sodium 160mg 7%

Total Carbohydrates 20g 7%

Dietary Fiber 4g 14%

Total Sugars 5g

Includes 1g Added Sugars 2%

Protein 4g

Vitamin D 0mcg 0%

Calcium 62mg 4%

Iron 1mg 6%

Potassium 155mg 4%

* The % Daily Value (DV) tells you how much a nutrient in a serving of food contributes to a daily diet. 2,000 calories a day is used for general nutrition advice.