

March 2007

# First Nations 4-H

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## March is Nutrition Month in Canada!



There are so many good things to eat in our grocery stores, yet 41% of Canadians agree that “their life if so hectic, they find it hard to include healthier food options on a daily basis”. (Ipsos-Reid “New Thoughts for

Food: What Do Consumers Really Want”, Jan 2007)

This month, the Dietitians of Canada would like all of us to think twice about what we put in our grocery carts.

If 41% of us find our lives “hectic” and this makes it harder to choose healthy foods each day...why not get kids involved? If you have two kids, there are four extra hands! Kids, 12 and over can safely chop vegetables and prepare a salad on their own. They can even make a home-made salad dressing in a jar.

If your Community Health Centre or Social Recreation Department is currently operating after school programs for children in your community, you may want to access the Ontario 4-H Program by applying to become a First Nations 4-H Leader in your community.



As a 4-H Leader, you can choose from 60 different 4-H projects (including eight cooking 4-H projects with lots of recipes) or with some help, create your own project! As a 4-H Leader, you can be the “organizer” of the Club and ask other adults in your community to “teach” the 4-H Members to cook!

You will have access to free adult 4-H Leader Training and a 4-H Member awards program for completion of each 4-H Project. Also, registered 4-H Members can attend Leadership Camps; apply for Scholarships and attend fun Conferences too!

So what does this have to do with making healthy meals in a hurry? Children and adolescents need nutrition for good health.

Here is a little tidbit to share with a child over your next meal together...

We know that Popeye was energized by eating spinach. But it probably also reduced his risk for blindness after age 65 (also known as “macular degeneration”). Why? Green leafy vegetables like spinach are rich in lutein and zeaxanthin, compounds that can prevent light from damaging the central part of the retina (the macula) that controls straight-ahead sight. Degeneration of the macula is the leading cause of blindness in people over the age of 65. Lutein is also found in egg yolks, corn, squash, pumpkin and orange peppers.



Taken from: Office for Science and Society © 2003  
Department of Chemistry McGill University

As a 4-H Leader, you can take your 4-H Members to the grocery store to spot these six foods that can help protect their eyes. Or you can cut out pictures of lots of foods and choose the ones that will help them maintain healthy eye sight. You can also use 4-H Foods Projects to work with them to cook simple healthy foods that they can help prepare at home.

## New 4-H Project...

### “To Your Good Health” coming soon!

4-H Ontario currently offers eight 4-H Foods Projects. 4-H is always striving to offer new and exciting 4-H projects. “To Your Good Health” is a 4-H Project that will cover food, fitness and body image at each 4-H meeting. It will include new, healthy hands-on recipes and lots of good ideas for fitness fun.

## Grow Your Own... 4-H Gardening Project perfect for spring

Fresh homegrown food. Is there anything that tastes better? Grow, maintain, harvest and enjoy your own fruits, vegetables and herbs in this 4-H Gardening Project.



Would you like to help your community to share these wonderful 4-H Projects with youth aged 10-21? Contact Marnie @ 1-800-663-1912 or [iapo-marnie@on.aibn.com](mailto:iapo-marnie@on.aibn.com) Check us out at [www.firstnations4-h.ca](http://www.firstnations4-h.ca)