

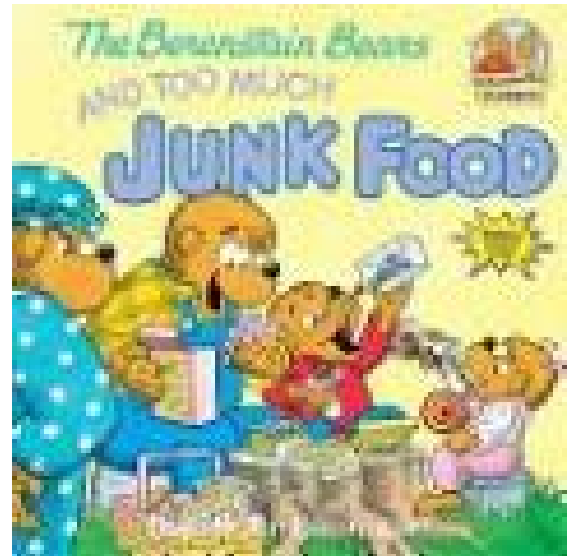
HEALTHY HELPINGS

Ross County 4-H Cloverbud Kit

Description: Cloverbuds will explore healthy choices through Games & Activities, Music & Songs, Arts & Crafts, and Healthy Snacks.

Supplies:

- ☐ Book – “The Barenstain Bears and Too Much Junk Food”
- ☐ Book – “The Two Bite Club”
- ☐ Idea Sheet
- ☐ Healthy Helpings MyPlate Game
- ☐ MyPlate Game (5 small boxes with game pieces)
- ☐ 2 MyPlate Inflatable Balls
- ☐ MyPlate Activity Felt Board
- ☐ MyPlate Color Sheets
- ☐ Eat Healthy with MyPlate Activity Booklets



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