

The Healthy Living Beet

The Georgia 4-H Healthy Living Ambassadors' Monthly Newsletter

Kicking Off the Year

On August 15th, 46 new Healthy Living Ambassadors participated in our virtual training. We talked about what it means to be an ambassador and even started making individual action plans. We learned about MyPlate and nutrition, physical activity, healthy ways to deal with stress, and how access to food impacts our food and nutrition choices. Throughout this year, you have been charged with learning and sharing about food and nutrition, physical activity, and wellness. We also have a special focus on food access and food budgeting. Your Healthy Living Ambassador team helped get you started on the right foot, and we will continue to provide opportunities for you to learn throughout the year- stay tuned! You also have the opportunity to identify your own learning experiences. In the "lettuce share" section of the newsletter, we'll give you some examples of good sources you can check out. Your first reporting deadline is soon: September 10th. However, we know you have not had much time to get started, so it is OK if you don't have anything to report this quarter.

Highlights:

- Submit your quarterly report by September 10th! Click [here](#) for a quick link to the form.
- Zoom into Science: September 17th and October 15th
- Follow @georgia4hhealthyliving on Instagram!

leader spotlight



Dr. Courtney Brown

Lives in: Athens, Georgia

Title: Extension 4-H

Specialist, Healthy Living Program

Interests: Nutrition, Cooking, Arts and Crafts, Dogs, Reading

Bio: I'm your Healthy

Living Track Coordinator! I want you to have a great year as a Healthy Living Ambassador. You can always reach out to me, or your county 4-H Leader, if you have a question.

GEORGIA
4-H AMBASSADORS

Recipe of the Month

Berry Popsicles

Ingredients:

- 2 1/2 cups rinsed, hulled strawberries
- 1 1/2 cups nonfat plain yogurt
- 2 tablespoons honey
- 1 tablespoon lemon juice

Add all ingredients together in a blender. Blend until smooth. Pour into popsicle molds or paper cups and use wooden craft sticks for the handle. Freeze until solid.

Notes: Substitute bananas for a sweeter flavor or try any fruit that is in season. Don't want seeds in your popsicle? Blend the strawberries separately and strain before mixing with the other ingredients. For a vibrant twist, add freshly sliced strawberries to your popsicle mold.

source: <https://foodtalk.org/en/recipes>

Lettuce Share

As ambassadors it is important to share resources, tools, and ideas to keep making the best better-- check out the Lettuce Share section of the newsletter for new resources each month! Click on the underlined links to check out this month's shares.

MyPlate

<https://www.choosemyplate.gov/>

FoodTalk.Org

<https://foodtalk.org/>

Zoom Into Science

Zoom into Science is covering Healthy Living related topics in September and October! Check it out!