



## **4-H: Igniting Your Spark**

Idaho 4-H investing in youth and achieving results!

## **Teach Healthy Lifestyles!**

**4-H Healthy Habits is here to help.**



**HEALTHY  
HABITS**

- **Hands-On Activities**
- **Take-Home Kitchen**
- **Healthy Snacks**
- **Kitchen Skills**
- **Healthy Choices**

**4-H Healthy Habits are hands-on activity that teach youth healthy snacks preparation, basic kitchen skills, and how to select foods that are healthy for them and their families. At completion of the 8 lessons youth will receive a family take-home bag with kitchen tools and ingredients to prepare two snacks.**

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