

The 4-H Kids in the Kitchen after school club started last year at Stewart Elementary and thanks to key volunteers and financial support it has expanded to be hosted at Lincoln Elementary this year as well. This club is teaching members to have kitchen sense and safety while they learn about the major food groups and making healthy choices for their growing bodies. As 3rd-5th graders gain more independence, food preparation and choices are more often a decision of theirs and not only their parents. This is the perfect audience to experience the Kids in the Kitchen content.

Members started the club March 12 learning about safe food preparation with proper handwashing and food washing. They read the recipe and learned the importance of preparing ingredients before beginning the recipe. They made Breakfast Splits from the ISU Eat Smart, Spend Smart healthy recipes. Each week they will also do fun exercises together and use the healthy MyPlate to identify food groups.

Washington County Extension is bringing this club to 20 Lincoln Elementary students. The Kids in the Kitchen curriculum is a product of Iowa 4-H. This afterschool club is being taught by volunteers Nicole Bruty with assistance from Carrie Rich and Macy Driscoll.

The Washington County Extension Office hopes to expand this club in future years, please contact them if interested in sponsoring or volunteering or with any questions about this Healthy Living Club or how to get involved with other youth activities as a member or volunteer.



Kids in the Kitchen were divided into duties as they prepared Breakfast Splits. Ada T and Christopher P were in charge of dishes.