

32 1st and 2nd graders from Stewart Elementary successfully completed the first 4-H Kids in the Kitchen Club on February 22. They celebrated their learning at the last meeting by sorting many foods into the Healthy MyPlate, measuring ingredients and then preparing their own protein quesadilla with all the fixings.



Kids in the Kitchen is a new after school 4-H Clover Kid club teaching members to have kitchen sense and safety while they learn about the major food groups and making healthy choices for their growing bodies. This club met every Thursday after school during January and February.

Members have explored the tasty fun of the kitchen when making Breakfast Splits, Bagel Pizzas, Whole Grain Cereal Treats, Ratatouille, Veggie Dip, Fruit Salsa and Quesadillas with ISU Eat Smart, Spend Smart healthy recipes. They have learned and practiced correct handwashing and how to measure dry and liquid ingredients. Each week they do some fun exercises together and use the healthy MyPlate to identify food groups.

Washington County Extension and Washington County Hospitals and Clinics partnered together to bring this afterschool club to Stewart. The Kids in the Kitchen curriculum is a product of Iowa 4-H. Volunteers assisting with the program included Amy Martin, Cindy Epperly, Janet Schiebel, Jaycee, Mandernach, Macy Driscoll, Myles Jones, Brynn Beenblossom, Sydney Cuddeback, Akira Bowen with support from Washington County 4-H/Youth Coordinator Amy Green.

“This curriculum has such a place in our world today as it teaches the importance on healthy living and food choice and keeping kids safe in the kitchen. It follows the 4-H model to do, reflect and apply with kids,” explained Green, “and they loved every hands-on minute cutting, measuring, stirring, and cooking. Eating was, of course, their favorite part. It was wonderful to see the pride they took in their recipes.”

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.