Is your 4-H club a “healthy club”? Whether you are brand new to this program or if you have been a recognized Healthy North Dakota 4-H Club for a while, you may be looking for some fresh ideas.

The activities listed in this guide have been used by North Dakota 4-H clubs. We gathered the ideas from the applications we have received for several years. You might find some ideas that will inspire your club.

To be a recognized club, your group needs to do at least one “healthy club” activity during six or more regular meetings. During the 4-H year, your activities should include at least six of the eight different categories (setting, roll call, etc.).

Be sure the activities you list on the tracking form are related to nutrition, physical activity and health. Keep track of your activities on the tracking form as you do them and turn in your application by the due date. Have fun!
Have you ever taken your 4-H club “on the road”?

Maybe you could do a community service activity at a food pantry or tour a fire station to learn about preventing kitchen fires.

Perhaps you could make a snack or play a game with older adults at a nursing home.

Here are several ideas:

- Amusement park or arcade
- Bowling alley
- Community building (church, community hall, school gym)
- Fire station
- Food pantry
- Horse park
- Ice rink
- Kitchen
- Local businesses (tour a grocery store, food processing plant)
- Nursing home
- State or local park
- YMCA or local gym
- Zoo

Roll Call

To learn more about your 4-H friends, have a fun roll call topic such as one of these:

- Favorite foods
  - Breakfast food
  - Color of food (red, purple, green, orange, etc.)
  - Ethnic foods
  - Fruit and veggies that start with the first letter of your name
  - Food served on a holiday such as Thanksgiving
  - Holiday tradition involving food or physical activity
  - Type of food (fruit, vegetable, dairy, protein, snack)
- Favorite physical activity
  - Based on season: winter, spring, fall, summer physical activity
  - Based on location: indoor or outdoor physical activity
- Favorite sport to watch in person
- Favorite sport to watch on TV

Programs

Be creative as you develop your programs for the year. Your programs can relate to learning about health:

- Community events involving physical activity (be in a parade, go caroling)
- Community walks (Cystic Fibrosis, Heart Association, Multiple Sclerosis, March of Dimes, etc.)
- Explore foods (foods from another culture)
- Food safety (Fight BAC four steps to food safety, hand washing)
- Games (food bingo)
- Lessons (CPR, first aid)
- Make something (soup mix in a jar, gift baskets with baked goods)
- Nutrition (food labels, calories, nutrients in foods)
- Safety (kitchen safety, exercising in the winter)
- Videos about food preparation
Refreshments/Snacks
The possibilities are endless for healthful snacks. Try having a healthful potluck. Be sure to be aware of choking hazards for young children and potential allergies. Visit www.ndsu.edu/eatsmart for hundreds of recipes. These are a few ideas:

- Ants on a log (celery, peanut butter, raisins)
- Apple smiles (apple slices, peanut butter and miniature marshmallow “teeth”)
- Cheese and crackers
- Fresh fruits and vegetables
- Granola bars
- Healthier beverages (water, low-fat milk, 100 percent juice)
- Hummus
- Nuts and dried fruits
- Personal pizzas (on English muffins)
- Popcorn
- Pretzels
- Quick breads and muffins (banana, blueberry, pumpkin, etc.)
- Smoothies
- Trail mix

Demonstrations
People like to learn new things they could try at home. Here are many ideas to get you thinking about fun demonstrations for your club:

- Food preparation
  - Garnishes (radish roses)
  - Granola
  - Ingredient substitutions (whole-wheat for all-purpose flour, honey for sugar)
  - Measuring different ingredients
  - Muffins
  - Peeling and cutting various vegetables and fruits
  - Quick breads (muffins, pancakes)
  - Smoothies
  - Trail mix
- Hand washing
- Heart health (how to take your pulse, effects on pulse rate during physical activity)
- Safety (wearing a bike helmet, first aid)
- Survival in the wilderness
- Walking in/dressing for cold weather

Recreation
Does your club take a couple of minutes after the business meeting for an activity break? These are some recreation activities that North Dakota 4-H’ers enjoyed:

- Bowling
- Canoeing
- Duck, duck, goose
- Exercise at your desk
- Flag football
- Frisbee golf
- Ice skating
- Line dancing
- Musical chairs
- Paddle boating
- Relay races
- Rock climbing
- Roller skating/in-line skating
- Scavenger hunt – at a park, using a GPS
- “Simon Says”
- Sledding
- Swimming
- Tag
- Yoga
Community Pride

You can show your community pride in many ways. North Dakota 4-H'ers have made these items or helped do the following things in their communities:

- Blankets for children in a shelter
- Booth at an event (educational booth about 4-H activities, food safety, etc.)
- Community walks (gather a 4-H team)
- Food drive for local shelter or food pantry
- Gardening (weeding, planting) in the community
- Get-well cards for children in a local hospital
- Health and beauty kits for women in a shelter (sample-size shampoo, soap, etc.)
- Parade float
- Salvation army (ringing bells to raise funds, serving meals)
- “Snacks on wheels” delivery (fruit baskets, muffins)
- Trash cleanup in a park or neighborhood
- Valentine cards, pencils for children in a shelter

Field Trip

You can learn a lot by going on tours. Have you visited any of these places as a 4-H club?

- Bakery
- Corn maze
- Dairy farm
- Dentist office
- Game and fishery department
- Humane society
- Military bases – Air Force, National Guard
- State or local park

Visit North Dakota 4-H on-line at www.ndsu.edu/4h