



# NY 4-H Healthy Food Guidelines: Making Healthy Choices Easier!



4-H educators, leaders and other volunteers are well positioned to help young people improve their health by providing healthy food choices at 4-H club meetings and events, and engaging youth in developing menus and preparing healthy food items. This guide, developed with input from 4-H youth and educators, presents quick and easy ideas for fun and healthy 4-H foods and beverages, along with a tool for you to assess how your club or event is doing. A companion recipe book will provide quick, low-cost youth-tested recipes that meet the healthy guidelines used by CCE nutrition programs.

To start, see how you are doing by answering the following questions adapted from the national 4-H Healthy Event/Club Assessment:

| Always   | Sometimes                | Rarely / Never           | Not Applicable           |  |
|--|--------------------------|--------------------------|--------------------------|--|
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | <b><u>At 4-H Events, do you:</u></b>   |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Provide access to free clean drinking water (e.g. water fountains, dispensers, hydration stations, and water bottles)? |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve fruits and/or vegetables at every snack and meal?  |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Serve whole grains instead of refined/white (e.g. whole wheat bread or crackers)?                                      |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Limit foods high in solid fats (such as cheese, bacon, shortening, butter, margarine)?                                 |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Limit foods and drinks high in added sugar (such as soda/pop, candy, desserts, pastries)?                              |
| <b><u>For 4-H Club activities, do you:</u></b> |                          |                          |                          |  |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Offer a healthy cooking project?   |
| <input type="checkbox"/>                       | <input type="checkbox"/> | <input type="checkbox"/> | <input type="checkbox"/> | Choose non-food items or healthy food items for your fundraiser sales?   |

For recipes and interactive activities to reinforce these guidelines, see Cornell's Choose Health: Food Fun and Fitness curriculum, available on the CCE Food and Nutrition Education in Communities Program web site:

[https://fnec.cornell.edu/Our\\_Initiatives/Youth.cfm](https://fnec.cornell.edu/Our_Initiatives/Youth.cfm)



These 4-H guidelines were developed by Cornell Cooperative Extension's Youth Healthy Eating and Active Living Program Work Team with input from 4-H youth and educators (Aug 2015).

References used in the development of this guide include:

- *Guidelines for Healthy Meetings*, NYS Department of Health—Center for Community Health
- *Guidelines for Healthy Food and Beverages for Adolescent Health Programs*, Cornell University Cooperative Extension-NYC and *Act for Youth, 2011*
- *4-H Healthy Event/Club Assessment*, National 4-H Healthy Living Management Team, 2015
- *Wellness Policy, and Healthy Snack Policy* CCE-Jefferson County Wellness Committee, 2013

For more information:

4-H: <http://nys4h.cce.cornell.edu/Pages/default.aspx>

NYS EFNEP: [https://fnec.cornell.edu/Our\\_Programs/EFNEP2012.cfm](https://fnec.cornell.edu/Our_Programs/EFNEP2012.cfm)

# Healthy Food and Beverage Options

## Healthy Beverages

- Water
- Water with added fruit or vegetable slices, and/or herbs, for flavor (e.g., lemon, lime, strawberries, cucumber slices, fresh mint)
- Unsweetened sparkling water, or half sparkling water and half 100% juice
- 100% juice in 8 ounce or smaller servings
- 1% or skim milk
- Unsweetened, caffeine-free, hot or iced tea

## Healthy Snacks and Lunches

- Vegetable sticks, with or without low-fat dip
- Fruit (fresh slices, canned in juice or water and drained, fruit salad or dried fruit like raisins)
- Hummus with vegetables and/or whole grain pita bread for dipping
- Cereal bars (5g fat or less and 8g sugar or less, per serving)
- Whole grain muffins, cut in halves or quarters, or mini size
- Low-fat yogurt
- Dried fruit and nut mixes\*
- Pretzels, nuts\*, fresh popped popcorn (air popped or popped in oil) with no added butter
- Salad made with leafy greens (not iceberg) & chopped vegetables, low-fat dressing
- Mini pizzas made with whole grain English muffins
- Whole grain bread, whole grain pita, whole grain tortillas, or whole grain crackers with:
  - ◇ Hummus or other bean spreads
  - ◇ Peanut butter or other nut butters\*
  - ◇ Reduced-fat cheeses, lean meats (reduced sodium when possible)
  - ◇ Low fat condiments like mustard, low-fat mayonnaise, salsa
  - ◇ Vegetables: raw, grilled, steamed, or baked

## Healthy Breakfasts

- Fruit (see above)
- Whole grain, high-fiber cereals such as bran flakes, low-fat granola or oatmeal (unsweetened quick oats) with toppings such as:
  - ◇ Fresh, dried, frozen or canned fruit (e.g., raisins, raisins, bananas, peaches)
  - ◇ Chopped nuts\*, coconut, cinnamon or other spices
- Hard cooked eggs
- Low-fat yogurt
- Whole grain bagels, cut in halves or quarters, or mini size, served with fruit spreads, hummus, or reduced-fat cream cheese

\*Check first for  
nut allergies



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