Celebrate National Agriculture Day

BY KRISTIE POPA - 4-H AGENT

Where did the food you are eating come from? How about the clothes you are wearing? Agriculture, the practice of farming, including the cultivation of the soil for growing crops and raising of animals to provide food, wool and other products. On March 24, 2020, we will have the opportunity to celebrate National Agriculture Day. This day serves as an opportunity to increase awareness of agriculture's important role in our everyday lives!

Think about this:
- How does your food or fiber (clothing, blankets etc.) get from the farm to your home?
- What role does agriculture play in our economy?
- What role does agriculture play in providing safe, abundant and affordable products?
- What career opportunities are available in the agriculture?

Agriculture provides almost everything we eat, use and wear on a daily basis.

Can you believe that each American farmer feeds more than 165 people?

As the world population soars, there is an even greater demand for the food and fiber produced in the United States.

Make sure that you celebrate Agriculture this month and spread the word about what Florida Agriculture does for you!
Career Spotlight: Dental Hygienist

A dental hygienist provides preventative oral care under a dentist's supervision. This may include cleaning a patient's teeth, taking dental x-rays, examining their mouth for gingivitis and other diseases and teaching patients how to maintain good oral health. Thinking about Dental Hygiene as a career? To work as a dental hygienist, you must graduate from an accredited dental hygiene school and you must receive a license from the dental board in the state which you want to practice. You should have compassion for your patient, fine motor skills needed to grasp instruments, ability to deal with different types of people and attention to detail. A dental hygienist has an average salary of $74,070.00 per year which is based on level of experience and where you work.

Information derived from thebalancecareers.com

### HOW TO READ A FOOD LABEL

#### The Nutrition Facts Label

**Look for it and Use It!**

| Nutrition Facts | Size up Servings
|-----------------|-----------------
| Found on food and beverage packages | Use it to compare and choose foods! |
| **Information you need to make healthy choices throughout your day** | % Daily Value (%DV) is the percentage of the Daily Value (DV) of nutrients in a serving size portion that a person should consume or not exceed each day for health and wellness. The DV serves as a target value for a total daily diet. Use %DV to see how a food’s nutrients stack up and choose foods that are higher in nutrients to get more of and lower in nutrients to get less of. |

<table>
<thead>
<tr>
<th>Calories</th>
<th>240</th>
</tr>
</thead>
<tbody>
<tr>
<td>%DV Total Fat</td>
<td>11%</td>
</tr>
<tr>
<td>%DV Saturated Fat</td>
<td>6%</td>
</tr>
<tr>
<td>%DV Cholesterol</td>
<td>0%</td>
</tr>
<tr>
<td>%DV Sodium</td>
<td>2%</td>
</tr>
<tr>
<td>%DV Total Carbohydrate</td>
<td>8%</td>
</tr>
<tr>
<td>%DV Dietary Fiber</td>
<td>7%</td>
</tr>
<tr>
<td>%DV Total Sugars</td>
<td>3%</td>
</tr>
<tr>
<td>%DV Added Sugars</td>
<td>1%</td>
</tr>
<tr>
<td>%DV Protein</td>
<td>2%</td>
</tr>
</tbody>
</table>

**Nutrients To Get More Of**

<table>
<thead>
<tr>
<th><strong>Nutrients To Get More Of</strong></th>
<th><strong>Nutrients To Get Less Of</strong></th>
</tr>
</thead>
<tbody>
<tr>
<td>Compared with less than 100% DV of these on most days:</td>
<td>Compared with less than 100% DV of these each day:</td>
</tr>
<tr>
<td>• Dilute Rice</td>
<td>• Salted Fat</td>
</tr>
<tr>
<td>• Iron</td>
<td>• Sodium</td>
</tr>
<tr>
<td>• Vitamin D</td>
<td>• Added Sugars</td>
</tr>
<tr>
<td>• Calcium</td>
<td>• Trans Fat (trans fats not &gt;1% outside of garden as a guide)</td>
</tr>
</tbody>
</table>

**TIP: 100 calories per serving of an individual food is considered a moderate amount and 400 calories or more per serving of an individual food is considered high in calories.**

**NUTRITION FACTS: Read the Label**

**Recent October 2016**

Visit us at: www.choosemyplate.gov/biteinfo

**Fruits**

- Eat a variety of foods to get the nutrients your body needs, including:
  - Fruits and vegetables
  - Whole grains
  - Lean meats and poultry
  - Low-fat dairy
  - Beans and peas
  - Dry beans and peas
  - Beans and peas
  - Whole nuts and seeds

**Grains**

- Include healthy foods from all food groups
- Hydrate (drink plenty of water)
- Learn how to read nutrition labels
- Control your portions
- Take your time & enjoy your food
During the month of February, Annabeth and Isa showed 2 project dogs, Bryton showed 1 and all earned placements in their respective classes at the Florida State Fair.

The dog club was able to celebrate Valentine’s Day with residents at Village Place and had a nice article written about the club in the Sun Herald.

Four Paws & a Tail Dog Club

The 4-H Club at Peace River Elementary School has been busy working in the garden! Check out their vegetables! Thank you to Ms. Sara Weber for coming and teaching us about our garden and the different butterflies that visit!

Peace River Elementary 4-H Club

4-H ACHIEVEMENT AWARD

4-H youth ages 8 and up are eligible for the 4-H Achievement Award. Those receiving the award will receive recognition as well as other benefits including an awards trip, partial camp scholarship etc. at the 2019-2020 Awards Banquet.

Requirements include:
- Enrollment in 4h online
- Community Service
- Project Area Activities
- Participation in County Events
- Completion of Record Books
- Fundraisers
- Leadership and more.
4-H County Events

Kristie Popa, 4-H Youth Development Agent – UF/IFAS Extension Service

Tuesday, March 31, 2020
5:30 – 7:00 PM
(sign-up for a time slot with 4-H office)

County Events is an opportunity for 4-H’ers to demonstrate their knowledge and ability in a particular project area through the presentation of a Demonstration, Illustrated Talk or Speech. This event is open to all 4-H members (Cloverbud members will participate for exhibition purposes only).

A registration form must be filled out by the deadline to participate.

Demonstration & Illustrated Talk

These are “show and tell” types of presentations that use posters, PowerPoint presentations and visual aids to share information or ideas with others.

Demonstrations: How To
sample topics include:
How To Repot a Plant
Steer Feed Measurement and Its Importance
How To Set Up a Show Box
Shooting Sports Safety Measures

Illustrated Talk: Informative
sample topics include:
Tools and Techniques For Grooming
Writing a Resume
Sewing a Dress

CATEGORIES:

-Animal Science: Animal Industry, Small Animal/Pets, Horse
-Citizenship & Leadership: Citizenship, Community Service, Global Education, Leadership Development, Career & Workforce Preparation
-Communication & Expressive Arts: Leisure & Performing Arts, Communication & Media Arts
-Family and Consumer Sciences: Childcare & Child Development, Clothing & Sewing, Money Management
-Healthy Living: Food Preparation, Food Nutrition, Food Safety and Food Science, Personal Well-being, Safety
-Nature and the Outdoors: Environment, Marine & Aquatic Sciences, Outdoor Adventures, Shooting Sports, Soil, Water and Land Use, Natural Resources, Earth Sciences
-Plants and Gardening
-Science & Technology: Aerospace, Computer, Bicycles, Electricity, Energy, Geo spatial, Robotics, Small Engines, Weather & Climate, Woodworking
DEMONSTRATION & ILLUSTRATED TALKS REGULATIONS:
-No living vertebrates.
-Junior and Intermediate 4-H’ers must give a presentation at least 3 minutes in length but no longer than 12 minutes.
-Senior 4-H’ers must give a presentation at least 5 minutes in length but no longer than 12 minutes.
-A team demonstration is one in which team members participate in both the speaking and presentation. Teams are limited to 2 members in the same age category.
-Participants must provide all necessary equipment and supplies for their presentation.
-Competitors are responsible for all aspects of their preparations and set-up of their competitions.

Public Speaking
Public speeches are used to give 4-H’ers experience in the preparation and delivery of a 4-H related speech. This contest requires 4-H’ers to recognize, organize, and present information on a given topic. The timed speech must be orderly and thorough. 4-H’ers must acquire the ability to speak convincingly in public, expressing ideas effectively with poise and confidence.

PUBLIC SPEAKING REGULATIONS:
-Speech must be original and specifically related to 4-H. The entire speech does not necessarily have to feature 4-H but every contestant must at some point in their speech, mention 4-H and its relationship to the material being presented.
-Senior 4-H’ers speeches should be no less than 5 and no more than 7 minutes long.
-Junior and Intermediate 4-H’ers speeches should be no less than 3 and no more than 7 minutes long.

KIRSTIE POPA
4-H/Youth Development Agent
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CHARLOTTE COUNTY UF/IFAS EXTENSION SERVICE
514 E Grace Street
Punta Gorda, Fl. 33950
941.833-3836

An Equal Opportunity Institution.
Charlotte County
4-H County Events
Tuesday, March 31, 2020
Centennial Park
1120 O’Donnell Blvd.
Port Charlotte, FL 33953
Competition: 5:30 – 7:00  Awards: 7:30 (Tentative)

THIS FORM IS DUE BY MARCH 20, 2020

Name ___________________________ Phone # ________________

Address ____________________________

4-H Club ___________________ Birth Date ___________ Age as of 9/1/19 ______

Entering as: ___ Cloverbud (5-7) ___ Junior (8-10) ___ Intermediate (11-13) ___ Senior (14-18)

What time works best for you to present? Rank them from best (1) to worst (6)

_____ 5:30 _____ 5:45 _____ 6:00 _____ 6:15 _____ 6:30 _____ 6:45

PLEASE CHECK THE EVENT YOU WISH TO PARTICIPATE IN:

_____ DEMONSTRATION/ILLUSTRATED TALK: (Circle) Individual or Team

Please find the guidelines as well as the acceptable categories at
http://florida4h.org/programsevents/demotalk/

Title: ________________________________

Category: ________________________________

Partner: ________________________________

_____ PUBLIC SPEAKING *

Title ________________________________

* Three typewritten, double-spaced copies of speech with topic, name, age, club, date and county on the front must be submitted a week before County Events.

THIS FORM IS DUE NO LATER THAN
FRIDAY, MARCH 20, 2020
TO THE CHARLOTTE COUNTY 4-H
514 E GRACE STREET
PUNTA GORDA, FL 33950
kpopa@ufl.edu

IT MAY BE DROPPED OFF, MAILED, EMAILED OR SENT THROUGH REMIND
Cows n Plows Beef & Breed Club: This 4-H club is open to youth ages 8-18. This club focuses on beef cattle and how to prepare them for the fair.

Beaks & Bills Poultry Club: This 4-H club is open to youth ages 5-18. This club focuses on poultry (chickens, turkeys, ducks).

Cloverbud Club: This 4-H club is open to youth ages 5, 6 & 7 years old. This club will introduce youth to 4-H while they complete fun/educational activities.

4 Paws & a Tail Dog Club: This club is open to youth ages 8-18. This club has monthly meetings for youth who would like to learn more about dogs and complete service projects. They also have weekly meetings for youth interested in teaching their dogs various skills & showing at local shows.

Horse Club: This 4-H club is open to youth ages 8-18. This club will determine the needs of the members before determining instructional topics. Members are not required to have their own horse to attend.

Are Ewe Kidding Goat & Lamb Club: This club is open to youth ages 8-18. This club focuses on educating youth about goats and lambs and preparing them to show at local fairs and shows.

Top Choice Livestock Judging Club: This club is open to youth ages 8-18. This club focuses on teaching youth how to judge cattle, sheep and swine and participates in multiple competitions throughout the year.

Fast & Furriest Rabbit & Cavy Club: This club is open to youth ages 5-18. This club focuses on educating youth about rabbits and cavy and preparing them to show at the county fair.

Cows n Plows Swine Club: This club is open to youth ages 8-18. This club focuses on swine and how to prepare them for the fair.

Show Swine Club: This club is open to youth ages 8-18. This club focuses on educating youth in swine care and showmanship. Youth in this club must commit to attending at least 2 Swine Prospect Shows this year.

Teen Leader Club: This club is open to youth ages 13-18. This club focuses on citizenship, leadership and community service. Youth must complete the application process to be considered for the group.

Wildlife Club: This club is open to youth ages 5-18. This club teaches youth about local wildlife.
March 2020 Calendar of Events

March 2 - Wildlife Club Meeting
March 3 - Horse Club Meeting
March 4 - Dog Club Meeting
Livestock Judging Meeting
March 20 - County Events Forms Due
March 24 - County Events Workshop (4:00 - 6:00)
   Beef Club Meeting
March 25 - Poultry Club Meeting
March 26 - Rabbit & Cavy Club Meeting
March 31 - County Events

Looking Ahead

April 17 - 19 - South Area Horse Show

May 1 - Record Books Due
May 27 - 4-H Awards Banquet
June 30 - Camp Counselor Training
June 1 - 5 - 4-H Camp Cloverleaf (Lake Placid)

SAVE THE DATE FOR THE 4-H CLAY SHOOT FUNDRAISER

NOVEMBER 7TH 2020

Contact us:
Charlotte County 4-H
514 E Grace Street
Punta Gorda, FL 33950

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