Happy Fall 4-H'ers!!

The smell of Fall is in the air. The blanket of leaves covering our yards and the crisp, cool mornings are a reminder that seasons are changing. For 4-H, October signals the beginning of a new 4-H year, National 4-H Week and discussions about last year’s events, trainings and activities and how we can all provide input in order to improve what we are already doing in the Sweetwater County 4-H Program to “make the best better”.

4-H Council meetings are the 3rd Monday each month and are held at Western Wyoming Community College in room 1309 at 6:30 pm. 4-H is a volunteer driven program and attendance at these meetings will ensure all opinions are taken in consideration when decisions are made. Please consider coming to the next meeting, it will be on November 16th. I look forward to meeting each and every one of you!

For those of you who I have not had the pleasure of meeting, I would like to invite you to email me, stop by the office or just give me a call or send a text to my office cell phone at 307-350-7735. I would love to hear from you! My email address is mgiffor2@uwyo.edu, the office phone number is 307-352-6775. In case you haven’t visited the office before, we are located at Western Wyoming Community College in room 1227. You can easily get to the office by parking in the West parking lot and entering the doors closest to the University of Wyoming sign.

I’m looking forward to a great year for the Sweetwater County 4-H Program. My background with raising and judging livestock will definitely provide new and exciting opportunities for our program. If you are a youth member and would like to learn about judging and competition opportunities, please text or email me. We need at least 4 youth members to form a team. If you are an adult member who would like to help out, let me know. It would be great to see Sweetwater County involved in state and county judging competitions! For other information check out “Gifford’s Notes” inside this newsletter.

Cheers to a great year!
Marty Gifford
4-H Achievement Night is November 21st

Mark your calendars! On Saturday, November 21st at 6:30 pm come on out to the annual 4-H Achievement Night in the Small Hall at the Sweetwater Events Complex. Main dish provided. Potluck Desserts (last name A-H), Salads (last name I-P) & Sides (last name Q-Z).

If you would like to recognize someone, please contact me at the UW Extension Office. Gerda Dickinson will be taking nominations from leaders for a youth “Spirit of 4-H Award”. If you would like to nominate someone, please send an email to me with a letter stating why your nominee deserves this award. If you completed a 4-H Portfolio (record book), your name will be entered into a drawing to be held that night. See you there!!

Next Year’s Extended Fair Survey…

Please be aware that there will be a survey circulating to all of our 4-H members and families that is meant to serve as a resource for our Fair Board to utilize as they deliberate over this upcoming vote to extend the Big Show next year. This survey will include some questions and will also include a comment box for anyone wanting to add to their feedback.

Club Charters & End of Year Paperwork Due November 1st!

The deadline for renewing clubs to submit Club Charters is November 1st to the UW Extension office. All required club paperwork is due on November 1st as well.

Reminder: 4-H Club and Committee accounts must have two UW Extension staff names on each account. All adults on each account must be screened volunteers and enrolled in the Sweetwater County 4-H Program. I am asking club leaders with club checking accounts to add my name and Josefina Ibarra to each account.

This is a Wyoming 4-H requirement and should be completed by November 30th.

National 4-H Week…

The first full week of October 4-10th was National 4-H Week and the theme for it was “4-H Grows Here”. To show our pride and dedication to the 4-H program we had a couple of 4-H members run a PSA through the Radio Network in Green River and then ran the ad for the week! I’d like to send out a special thanks to Kate & Ira Dickinson for making themselves available to help coordinate the broadcast!

Jr. Leaders…

With the hopes of upping both our numbers for participation with the Jr. Leaders program, along with our 4-H Council meetings, I will be hosting both meetings on the same evening each month. The Jr. Leaders Meeting will begin at 6:00pm on the third Monday of every month. The 4-H Council Meetings will be held on the night at the time that they have always occurred, third Monday of every month at 6:30 pm. room 1309.
4-H Online Enrollment...

First off, thank you for your patience while we have been waiting for 4-H Online to get up and running! With it now being nearly three weeks into our new 4-H year, I am excited to say 4-H Online is up and running!! Feel free to get on the site and enroll to be a 4-H member for the 2015-2016 4-H year!! If you forgot your password, please contact the UW Extension Office, don’t create another family profile!!

New this year is the “project aliases”! Members have some additional project areas within the Wyoming Projects to enroll in. Check it out!

Livestock judging is now located under Activities. If you would like to enroll in Sweetwater County Judging—Horse, Livestock, Meats, Wool or Produce, please be sure to access the Activities tab and add the judging area you would like to participate in. We must have at least 4 youth members to form a team.

You will be able to pay online for your enrollment fees this year. The enrollment fees will be $20/each adult or youth member. Please bring your check or money order to the UW Extension Office. These enrollment fees will fund program expenses such as travel expenses for youth activities and competitions, youth trainings and workshops.

Show Heifer/Steer Hunting Season...

It’s that time of year again to start looking for and nailing down next year’s beef projects. If we have any 4-H members/families that would like some assistance finding next year’s project, please don’t hesitate to call. I would be happy to put you in touch with some producers from all over the area, and even out of state if that is something you would like to look into doing.

Little Shoppers Community Service Project...

Sweetwater County 4-H Jr. Leaders are planning on hosting a community service project where they will be collecting gently used items or any type of donation from the community from November 2nd - December 5th 2015. These items will then be resold to any children ages prekindergarten to 4th grade, for a minimal price. We will host the “Little Shoppers” days, on two different Saturdays in December, (tentatively planning for the 12th & 19th of December). Parents will be able to drop their kids off at the “Little Shoppers” store, while their children can go in and do all their Christmas shopping for their families all on their own (with Jr. Leaders assisting them)!

If there are any clubs that would like to help with this community service project, please let Marty know ASAP, or if your club would like to donate items, please just get in touch with me and I can show you how we can utilize you the best for this project!!
The new 2015-2016 Murdoch’s 4-H discount cards have arrived and are now available in all Murdoch’s locations!

The discount card offers a 10% discount on specific products for your 4-H animal projects. Items eligible for animal projects include: bedding, books, buckets, feed, supplements, fly control, grooming products, show clothing (denim jeans, show shirts, hats and footwear). 4-H members can pick up their new card at their local Murdoch’s, or club leaders can request cards from me with a quick phone call or email. We know how much time, dedication, and hard work goes into each 4-H project, and that’s why we developed this program. We would like to remind everyone that these cards are ONLY for currently active 4-H members, not for their family and friends.

These are a few opportunities that Murdoch’s offers exclusively to 4-H:

- Murdoch’s offers college scholarships to high school seniors, which is available for 4-H members only. Contact your state extension office for details on how to apply!
- Let them help increase your visibility through fundraising events in our stores. Fundraising opportunities include: Chick Days, Anniversary Sale BBQ, Father’s Day BBQ, Carhartt Sale BBQ, Gift Wrapping, Santa Photos, Project Silent Auctions, (Not all stores use 4-H for each of these events. Each club MUST confirm with the Store Manager that 4-H is participating). If your club has another idea for an opportunity to fundraise or bring awareness to 4-H and the club, please don’t hesitate to ask the Store Manager about it!
- Murdoch’s Application for Support will remain the same for 2016. Extension offices and clubs may submit an application of support for requests of $500 up to $5,000 for special events, projects or other programming (reviewed and approved through Murdoch’s Home Office). Clubs may request funding below $500 (product and/or cash) directly from their local store. This includes fundraising partnerships such as BBQ’s and Christmas gift wrapping where Murdoch’s supplies event materials.

Murdoch’s values the partnership with 4-H, which is nearly 20 years strong. If you need more 4-H discount cards, have suggestions, or ideas please feel free to contact Brian Regan at bregan@murdochs.com or by phone at 406-556-6381. They look forward to continuing a strong relationship and reaching new heights with 4-H.

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HOW ABOUT A FUNDRAISER??

Schwan’s is extremely excited to introduce the Schwan’s Cares program to your group as a supplemental fundraising program. This program is not meant to replace your traditional fundraiser, but to provide income for your group all year. This program will allow your group to earn money from people you know who already purchase Schwan’s products.

Here are additional reasons why you will want to consider Schwan’s new virtual fundraising program:

1. Selling product at everyday prices.
2. High yield period – 45 day period where you earn between 20-40% of purchases.
3. Ongoing 5% return for an additional 90 days and then the fundraiser can be repeated–perpetual fundraiser.
4. NO DELIVERY - Schwan’s will deliver directly to the your supporters, anywhere in the lower 48 states.
5. NO COLLECTION OF MONEY. All orders processed through the website.
6. Tap into the large number of current customers who already order Schwan’s products.
7. Live Smart program - Healthy living products.
8. Market to existing databases.
9. Use social media to expand your marketing area.
10. Selling a known brand.
11. Profits to group are the same when working with a Rep, Plus personal service & sales strategies for your campaign.

You may click on this link to get some general information:
https://www.schwans-cares.com/?agent_id=161
CITIZENSHIP
WASHINGTON
FOCUS
(CWF) IS A WEEK-
LONG 4-H CITI-
ZENSHIP PROGRAM FOR YOUTH
AGES 14-19 THAT TAKES PLACE AT
THE NATIONAL 4-H YOUTH CONFER-
ENCE CENTER, JUST 1 MILE FROM
THE WASHINGTON, DC BORDER.
$816.00 per person and in-
cludes:
 6 nights lodging at National 4-
H Youth Conference Cen-
ter
 14 meals
 Inclusive of all taxes
 Citizenship Washington
Focus polo shirt and la-
niard
 Arrangements and logistical
support
 Curriculum materials
 Various tours and work-
shops
 Admission and ticket fees to
sites on CWF itinerary
 Facilitation by our highly
trained and licensed colle-
giate program assistant
team
Registration Deadline is Jan-
uary 29, 2016
For more information or to
register visit:
http://www.4hcenter.org/
youth-conference-center-
overview/educational-
programs/citizenship-
washington-focus/

LEADERSHIP WASHINGTON FOCUS
(LWF) IS A 4-H LEADER-SHIP PROGRAM FOR YOUTH
ENTERING GRADES 7 THROUGH 9. THE PROGRAM WILL TAKE
PLACE AT THE NATIONAL 4-H YOUTH CONFERENCE CENTER,
JUST 1 MILE FROM THE WASH-INGTON, D.C. BORDER.
Tuition costs for Leadership Washington Focus is
$588.00 (inclusive of tax); tuition includes:
 Lodging at the National 4-H Youth Conference Cen-
ter for the duration of the program
 All meals during the program
 All site visits during the program
 Transportation during the program (this does not in-
clude travel to or from the Center)
 Souvenir pack including: LWF bag, LWF T-shirt, and
LWF water bottle
Registration Deadline is January 29, 2016
For more information or to register visit:
http://www.4hcenter.org/youth-conference-center-
overview/educational-programs/citizenship-
washington-focus/

The Western Regional Leaders Forum
(WRLF) will be held in Fairbanks, Alaska
on March 2-4, 2016! We’re gearing up
and getting ready One thing is for sure:
Northern delights are guaranteed!

Registration Fees (Registration will close February 5, 2016)
 Full-time Registration Fee (includes Fri-
day dinner, Saturday breaks, lunch and
awards banquet dinner) - $65
 Saturday only with Awards Banquet
(includes Saturday breaks, lunch and
banquet) - $50
 Saturday only without Awards Banquet (includes Saturday breaks and lunch) - $35
 Banquet Only - $20
 Day Camp, full time (includes Friday dinner, Saturday breaks, lunch and banquet) - $30
 Day Camp, Saturday only (includes Saturday breaks and lunch)-15
Never Underestimate Caring

“Too often we underestimate the power of a touch, a smile, a kind word, a listening ear; an honest compliment, or the smallest act of caring, all of which have the potential to turn a life around.”

~Leo Buscaglia

Compliments, smiles, and kind words are always nice gifts to receive on a daily basis. These simple things make us feel special when someone gives them to us. Have you ever stopped to think if you give them out to others?

Sometimes, we don’t think about the words we say, the smile we give, or the compliments we make. We don’t think about how they could impact someone. The compliment you give could change someone’s day for the better. Try to think back when someone you know made you feel special? Why did it make you feel that way?

Often times people will remember how you made them feel. You remember when people made you feel good about yourself right? You can pinpoint a time when someone made you feel bad too.

Everyone can remember a time when someone made them feel either good or bad about themselves, because we have all been impacted by someone’s words or actions.

Next time you see someone, give them a smile and a compliment. You don’t know how you could effect their entire day. It will make them feel good about themselves, and don’t we all want to feel special? Giving a nice compliment or smile might just be the reward they need for the day that they have had.

4-H Activity: Kings and Queens of

Materials: Pipe cleaners and colored beads.

Procedures:

1. Ask the youth to define reward and give examples. Discuss why people receive rewards and how it makes them feel. Explain the expression “A good deed is its own reward.”
2. List examples of caring and compassionate behavior. Emphasize that caring is contagious and both the person caring and the one cared-for receive rewards.
3. Hang the pipe cleaner in a permanent spot visible to everyone.
4. Then say: “Every time I spot one of you performing a caring deed for someone, we will add a bead to the pipe cleaner. Once we have 20 beads on the pipe, we will take a vote and decide who has been the most caring for the day. If you are chosen, you will be given the caring bracelet for the day.” You might designate the “King/Queen of Caring.”
5. Continue the activity with a new pipe cleaner and new beads - and a new “King” or “Queen” when the pipe cleaner has another 20 beads on it.

Taken from the Good Ideas Book for Character Counts!

Like this activity? Find more like it in the “Good Ideas Book” at your local Extension Office.
### October 2015

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<td>Cent$ible Nutrition Classes Begin</td>
<td>NFS Presentation: Diabetes Prevention</td>
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<td>Jr. Leader Meeting 6:00pm 4-H Council Meeting 6:30pm Rm. 1309</td>
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<td>Cent$ible Nutrition Classes 1:00pm RS Library</td>
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<td>Cent$ible Nutrition Classes 1:00pm RS Library</td>
<td>4-H Club Charter &amp; Accounting Due</td>
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### November 2015

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<td>National 4-H Week</td>
<td>4-H Achievement Night 6:30pm Small Hall</td>
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- National 4-H Conference applications due
- Cent$ible Nutrition Classes Begin
- NFS Presentation: Diabetes Prevention
- Cent$ible Nutrition Classes
- NFS Presentation: Tips & Tricks for Expectant Mothers
- UW Extension Office Closed
- UW Extension Office Closed
- Deadline for adding UW Extension Staff to 4-H Club/Committee Accts.
December 2015

Sun | Mon | Tue | Wed | Thu | Fri | Sat
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1 | 2 | 3 | 4 | 5 |
6 | 7 | 8 | 9 | 10 | 11 | 12
13 | 14 | 15 | 16 | 17 | 18 | 19
20 | 21 | 22 | 23 | 24 | 25 | 26
27 | 28 | 29 | 30 | 31 |

January 2016

Sun | Mon | Tue | Wed | Thu | Fri | Sat
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17 | 18 | 19 | 20 | 21 | 22 | 23
24 | 25 | 26 | 27 | 28 | 29 | 30
31 |
West Area UW Extension Nutrition & Food Safety Educators are collaborating with Registered Dietitians from Memorial Hospital of Sweetwater County and the Sweetwater County Library to offer a Nutrition Class every month to the community. Please call the Sweetwater County library at 307-352-6667 to register. Please note the two classes offered for October and November are below.

The muffin recipe included is pretty nutritious with a low carbohydrate content for those watching their Carbohydrate intake.

Happy Halloween!

---

**Pumpkin Spice Muffins**

**Recipe Serves 18 (Serving = 1 muffin)**

**Ingredients:**
- 1 3/4 cups whole-wheat flour
- 1 3/4 cups white all-purpose flour
- 2 tsp baking powder
- 1 tsp cinnamon
- 1/2 tsp nutmeg
- 1 tsp baking soda
- 2 eggs
- 1 cup pumpkin puree (canned or pie filling)
- 3-4 Tbsp sucralose or agave nectar
- 1/2 cup unsweetened applesauce
- 2 Tbsp canola oil

**Nutrition Facts**

<table>
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<th>Serving Size</th>
<th>1 muffin (37g)</th>
<th>Per Container (18)</th>
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<tbody>
<tr>
<td>Calories</td>
<td>100</td>
<td>180</td>
</tr>
<tr>
<td>Total Fat</td>
<td>3g</td>
<td>54g</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>0g</td>
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<tr>
<td>Trans Fat</td>
<td>0g</td>
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<tr>
<td>Cholesterol</td>
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<td>0mg</td>
</tr>
<tr>
<td>Sodium</td>
<td>360mg</td>
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<tr>
<td>Carbohydrate</td>
<td>18g</td>
<td>324g</td>
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<tr>
<td>Dietary Fiber</td>
<td>2g</td>
<td>36g</td>
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<tr>
<td>Sugars</td>
<td>13g</td>
<td>234g</td>
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<tr>
<td>Protein</td>
<td>2g</td>
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<tr>
<td>Vitamin A</td>
<td>4%</td>
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<tr>
<td>Vitamin C</td>
<td>6%</td>
<td>18%</td>
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<tr>
<td>Calcium</td>
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<tr>
<td>Iron</td>
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<td>7%</td>
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**Directions:**
1. Preheat oven to 375 F.
2. Mix together flour, baking powder, cinnamon, nutmeg, and baking soda in a medium bowl.
3. Combine remaining ingredients in a large bowl. Slowly add dry ingredients to the large bowl and fold in ingredients together until blended. Do not over mix.
4. Pour the batter into 18 non-stick muffin cups (or use paper liners) and bake for about 22 minutes, or until done.
5. Remove muffins from pan and let cool completely.

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**Diabetes Prevention**

We’ll discuss the types of diabetes, risks and lifestyle changes that are helpful in diabetes prevention. A healthy snack will be available to sample during the presentation.

5:30 P.M. THURSDAY, OCT. 15

Registration required. Drop by or call the library to reserve your spot.

Rock Springs Library
400 E Street, Rock Springs | 307-352-6667 | sweetwaterlibraries.com

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**Tips and Tricks to a Healthy Pregnancy**

5:30 P.M. THURSDAY, NOV. 19

Registration required. Drop by or call the library to reserve your spot.

Rock Springs Library
400 E Street, Rock Springs | 307-352-6667 | sweetwaterlibraries.com
Hearty Green Leaf Salad

**Ingredients:**
- 3 cups romaine lettuce, washed and chopped
- 1/2 cup baby carrots, chopped
- 2 tomatoes, diced
- 1/2 cup white beans, canned, rinsed and drained
- 3 tablespoons sunflower seeds
- 1/2 cup fat-free herb vinaigrette dressing

**Directions:**
Combine first four ingredients in a medium bowl and mix well.

Top with sunflower seeds and dressing.

Makes 4 Servings

**Shopping Tips**

**When to Buy:**
The summer and fall are the best seasons to buy greens, however most varieties are available year round.

**How to Select:**
Select small, tender leafy vegetables for good taste. See that the leaves are clean and don’t have any marks on them. The best choices of leafy vegetables will have good odor.

**How to Store:**
Wrap them in a paper towel to absorb excess moisture from the leaves. If they are too moist they tend to rot very quickly. Clean just before using them for cooking. After wrapping in the paper towel put them in plastic bags and keep them in your fridge. Remember to remove any rotten leaves from the bunch before storing. Also, store different varieties in separate bags.

Sources:
- [storingfresh.com/storing-leafy-greens/](http://storingfresh.com/storing-leafy-greens/)
- [www.botanynements.com/about/how-to-buy-fresh-leafy-vegetables](http://www.botanynements.com/about/how-to-buy-fresh-leafy-vegetables)
- [www.thehealthycook.com/cooking/articles/season/000075](http://www.thehealthycook.com/cooking/articles/season/000075)

**Nutrition Benefits**

Leafy vegetables are rich in fiber. Greens are a good source of various minerals like magnesium, calcium, and iron, and vitamins such as vitamin A, C, K, E, B and folate.

Remember to make half your plate fruits and vegetables.

Source:
[https://www.webmd.com/food-recipes/features/4-healthy-reasons-eat-salad-today](https://www.webmd.com/food-recipes/features/4-healthy-reasons-eat-salad-today)

Wyoming SNAC is a coalition of USDA Food and Nutrition Service agencies including the University of Wyoming Cent$ible Nutrition Program, Wyoming Department of Family Services, Wyoming Department of Education, and Wyoming Department of Health Women Infants and Children (WIC) and Diabetes Prevention and Control Programs.
Activity Ideas: Rake a Pile of Leaves

What you will need: A yard full of leaves, a rake, clothing that covers your limbs, friends to join in on the fun, and lots of energy!

What to do: Scope out a place in the yard that is free of sharp objects or uneven ground. Rake the leaves into one large pile. Continue this until your pile is the size you want or until there are no more leaves available to rake. Take turns running through into the pile with your friends, re-raking the leaves as needed.

When you are done playing in the pile, fill up trash bags with the leaves. If available, use orange trash bags and decorate them like pumpkins.

Comments: Adding Leaves to Your Diet

- Add to your morning smoothie.
- Add a couple of handfuls to soups.
- Make fresh green juices (mix in an apple or lemon for better flavor).
- When making a salad, use a variety of different greens.
- Add greens to omelets (kale and spinach are good choices).
- Bring along raw greens for snacking.
- Shift proportions on your plate: increase the size of the greens portion to half your plate and decrease the size of the meat/fish portion.
- Kale, collards, turnip greens, Swiss chard, spinach, mustard greens, broccoli, red and green leaf romaine lettuce, cabbage, iceberg lettuce, arugula, and dandelion greens are some of the top sources of green leafy vegetables.
Issued in furtherance of extension work, acts of May 8 and June 30, 1914, in cooperation with the U.S. Department of Agriculture. Glen Whipple, director, University of Wyoming Extension, University of Wyoming, Laramie, Wyoming 82071.

Persons seeking admission, employment, or access to programs of the University of Wyoming shall be considered without regard to race, color, religion, sex, national origin, disability, age, political belief, veteran status, sexual orientation, and marital or familial status. Persons with disabilities who require alternative means for communication or program information (Braille, large print, audiotape, etc.) should contact their local UW Extension office. To file a complaint, write to the UW Employment Practices/Affirmative Action Office, University of Wyoming, Department 3434, 1000 E. University Avenue, Laramie, WY 82071.