

Stay Home, Stay Connected!

A JOURNAL DEDICATED TO KEEPING YOU ACTIVE & CONNECTED FROM HOME.

Crafts are SNOW much fun!

This month, all you need is a piece of paper and scissors to fill your home with snow!

Paper Snowflakes

1. Get one white piece of paper and cut it into an even square.
2. Fold square diagonally.
3. Fold triangle you now have in half.
4. Fold paper triangle in thirds, overlapping the left-hand pointed corner over the triangle.
5. Overlap the right-hand pointed corner over the triangle.
6. Cut off the pointed ends of the paper triangle.
7. Cut paper with various cutouts to give your snowflake a unique design.
8. Unfold your paper, and you have your snowflake!



Engage in cardio focused physical activities at least two times a week this month. Activities that strengthen your cardiovascular system can have numerous health benefits, like boosting one's mood, improving sleep, and preventing many chronic diseases later in life.



Monthly Munchie

Burrito Soup

Ingredients

- 1 onion, chopped
- 2 zucchini, chopped
- 1 tablespoon oil
- 15.5 oz refried beans
- 28 oz diced tomatoes
- 31 oz corn
- 15.5 oz black beans
- 2 tablespoons taco seasoning

Directions

1. Saute onion and zucchini in oil until soft.
2. Add refried beans and stir to break up beans.
3. Add tomatoes, corn, black beans, and taco seasoning.
4. Simmer over medium heat for about 30 minutes, stir occasionally.
5. Refrigerate leftovers within 2 hours.



Want a side to go with your burrito soup? Try the [Baked Tortilla Chips!](#)



What's Up Lane County 4-H?

We want to hear from you!

Each month, we will be highlighting 4-H projects from youth around Lane County in "What's Up Lane County 4-H?" Send in photos of any static projects you have been working on, you working with your animals, or of you engaging in any of the 4 H's. These photos do not just have to be of completed projects, we want to see your projects in progress, too! Send your 4-H photos to LaneCounty4H@oregonstate.edu throughout the year, and we will share them here for all 4-H youth and families to see. We are so excited to see what you are all up to!

Here are some photos of Lane County 4-H members from this past month!

