LANE COUNTY 4-H PRESENTS...

Health for Better Living!

A JOURNAL DEDICATED TO HELPING YOU LIVE HEALTHILY AND HAPPILY.

Healthy Relationships

Sometimes relationships can be hard to keep steady, whether it's a friend, teacher, or family member. An important part of relationships is to communicate with others and always be honest. Building a relationship with trust can create a life-long support system. It is also valuable to create time for yourself. Having down time can help your body and mind relax. Health is not just about eating and exercising, but it is also about your emotions. Having strong emotional health can help you live a positive and healthy lifestyle.

Let's Be Kind!

Sometimes, kids at school can be mean. Bullying is an issue that affects hundreds of kids everyday. Standing up to bullies can be scary, so sometimes it is best to tell a trusted adult. Spreading kind words and actions can also be a great way to stomp out bullying. Give a friend a hug when they're having a bad day and smile at those who look sad. Kindness can turn a frown upside down!

Monthly Munchie:

Hearty Chicken & Homemade Noodle Soup!

Ingredients

Noodles:

1 1/4 cups flour

2 eggs

3 Tablespoons water

Soup:

3 cups water

4 1/2 cups low-sodium chicken broth

2 chicken breasts, cooked and chopped

2 cups mixed vegetables

1/4 teaspoon pepper

Health Challenge!

Tell us how you keep your relationships healthy! Email

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Directions

For noodles:

1. Put flour in a medium bowl, make a well in center, and add eggs. Mix well. Add water 1 tablespoon at a time, until dough is stiff but easy to roll.
2. Place dough onto a floured surface. Roll dough to 1/2 inch thickness using a rolling pin or a sturdy, straight sided drinking glass.
3. Cut into 1/4 to 1/2 inch strips, about 3-5 inches long. Let sit for 5-10 minutes.

For soup:

1. In a large pot, add water and chicken broth; bring to a boil.
2. Add noodles a few at a time to water and chicken broth mixture. Bring the soup back to a boil.
3. Add chicken, vegetables, and pepper. Boil for 12-15 minutes or until noodles are tender. Serve warm.