



4-H Teaches Cumberland Elem. 21st CCLC Students How To Snack Healthy



Sherry Baird and Summer Chitwood from 4-H recently visited Cumberland Elementary School's 21st CCLC afterschool program. They met with students in grades 5-8. They discussed the food pyramid with the students as well as gave them examples of foods to eat for a healthy snack. After their discussion they provided the all the students with a healthy snack. The students were given plain yogurt and could choose if they wanted to add blueberries or granola to their yogurt.



