



## Cloverbud Connection - November 2024

### Dear Family

The November Cloverbud Connection Newsletter and Activity Guide is here! Each month, Cloverbuds (youth in grades K-2) in Barron, Burnett, Rusk, Sawyer, and Washburn Counties can participate in 4-H project opportunities at home and connect with others in the 5 county area throughout the year. Families can choose how much or how little they participate! Throughout the year, there will be opportunities to have a PenPal, in-person gatherings, zoom connections, and an in-person Cloverbud Day-Camp celebration in August.

**This month:** Cloverbuds will learn about Belonging Together and decision-making. They'll discuss what snack mix ingredients to include in their group's mix, respect others' choices, and accept the final product.

We would also like to invite ALL K-2 youth to participate in our **Pen Pal project**. We will match each Cloverbud with a friend in a different 4-H Club or county to help increase our sense of Belonging Together, which is this month's 4-H Value. See page 8 for more details on the Pen Pal project.

### Cloverbud Record Books

Cloverbud record books vary by county. Please check your county's guidelines for record book completion. Ask your club leader or county educator for more information. Please save your Cloverbud's work in the provided folder for future use.

### Share photos and feedback, get prizes!

Each month, all Cloverbuds will be mailed a packet with an activity for the month. If your Cloverbud(s) choose to participate in that month, share photos and feedback with your local educator for a chance to win fun 4-H prizes.

### In Wisconsin 4-H we value:



**Being Yourself:** Find and share your authentic sparks and interests.



**Belonging Together:** Recognize, understand, respect, and appreciate each other.



**Building Connection:** Grow positive relationships with peers and adults.



**Discovering Skills:** Develop skills through hands-on learning to help you succeed and thrive.



**Exploring New Opportunities:** Open the door to new experiences, projects, and places.



**Giving Back to Your Community:** Make meaningful contributions through community service and leadership.

**NOVEMBER: Snack Mix (Belonging Together)**  
**DECEMBER: Straw-Blown Painting (Being Yourself)**

For more information or  
previous newsletters:  
[go.wisc.edu/ygm2y](https://go.wisc.edu/ygm2y)



### Questions? Contact:

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Sawyer County:	Donna Knuckey <a href="mailto:donna.knuckey@wisc.edu">donna.knuckey@wisc.edu</a>
Burnett & Washburn County:	Beth Rank <a href="mailto:beth.rank@wisc.edu">beth.rank@wisc.edu</a>



## Cloverbud Connection: November

### Dear Cloverbud,

Welcome! This month you will learn about Belonging Together and making a snack mix with friends or family (or both). You also have the opportunity to sign up to be a 4-H Pen Pal!

In your envelope you will find a folder to keep all of your work from this year. At the end of the year you will have a finished book of all of your activities!

Don't forget to share a picture of you doing an activity or of a finished project with your County Extension office by the last day of the month and you will get entered into a drawing for some 4-H swag.

We can't wait to see/hear about everything you have been working on!

From Sara, Karrie, Donna and Beth

### This Month:

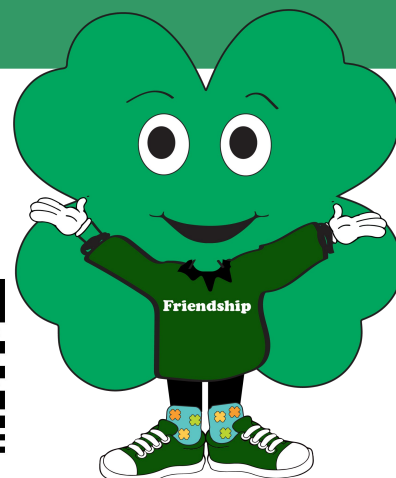
- Belonging Together
- Snack Mix

### Reminders:

- Pen Pal Sign-up
- Share a picture of
- your work
- Save your work
- Have Fun!



Pen-Pal Program Registration  
[area2penpal.4honline.com](http://area2penpal.4honline.com)



Being  
Yourself



Belonging  
Together



Building  
Connections



Discovering  
Skills



Exploring New  
Opportunities



Giving Back to  
Your Community



# November Lesson: Build a Snack Mix Together

How can your group (or family) create a snack that everyone enjoys? Work together to make a group snack mix.

People make decisions every day. You probably had to make some decisions today, like what type of shoes to wear or what kind of food to eat for breakfast.

Some decisions affect only you, and other decisions need to be made as part of a group. You can choose what color socks to wear and that decision doesn't affect anyone else. When your family is deciding what to eat for a meal, that choice affects everyone in your family.

Making decisions as a group means that our way or idea is not always going to be what the group wants to do. We have to learn how to be flexible and sometimes go along with other people's ideas. That's what teamwork is all about: learning how to work together to make the best choices for the group.

This activity involves making a snack mix. Each person in the group (or each family member) gets to vote for their favorite five ingredients so the snack mix is unique to your group and contains ingredients that most people in the group like. There may end up being ingredients in the snack mix that not everyone likes. That is okay. It is up to each individual to choose what they eat and what they don't.

## WARNING:

Check with participants (and their parent/guardian) about food allergies or reactions before selecting trail mix options.

### Connection to Wisconsin 4-H:

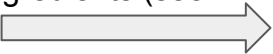
In 4-H, youth work together to make decisions. This is an opportunity for youth to contribute to a decision that will affect the whole group. When you made the snack mix, each choice of ingredient affected the snack that the whole group gets served. This is similar to our group decision making during 4-H meetings, when each person's contribution affects the overall outcome for the club. Like the value of Belonging Together, we need to recognize, understand, respect, and appreciate each other. To learn more about Wisconsin 4-H Movement values: <https://4h.extension.wisc.edu/the-movement/>





## November Lesson: *Build a Snack Mix Together*

### Supplies:

- Snack mix ingredients (see suggestions )
- 1 bowl for each ingredient
- 1 small scoop for each ingredient
- 1 sticky note/paper for each ingredient (add name of item written across the top with room to add dot stickers below)
- 1 large mixing bowl
- 1 large spoon
- 1 small bowl or plastic zip bag per child
- Dot Stickers (5 per child)

### Voting on Snack Mix Ingredients:

1. Wash your hands and wipe all surfaces where food will be prepared.
2. Set out snack mix ingredients.
3. Add sticky note to each item.
4. Give each member 5 dot stickers to choose the items that they want added to the group's snack mix. Use only one sticker per item. Remember, variety is the best part of a snack mix!.
5. Arrange the snack items in order from most popular (most sticker dots) to least.



Aim for a variety of snack mix ingredients.

Snack mix ideas from each of the food groups include:

- Fruits: Apple chips, banana chips, raisins, dried cranberries, dried cherries, apricots, or pineapple, freeze-dried apples, bananas, or pears
- Vegetables: Freeze dried mixed veggies, crunchy zucchini sticks, snap pea crisps, root vegetable chips, wasabi peas
- Grains: Whole grain square cereal, cereal, pretzels, granola clusters
- Protein: Sunflower seeds, pumpkin seeds, peanuts, almonds, walnuts, soy nuts

### Assembling Snack Mix:

1. Add a scoop or measuring cup or spoon based on the snack item's size, number of group members, and amount available. For example: add a bigger scoop to cereal and a smaller scoop to sunflower seeds.
2. Arrange group members alphabetically by middle name. Start with the letter A.
3. To a large mixing bowl, with a small measuring cup or scoop, encourage each member to one at a time, in order, add 1 scoop of the ingredient that received the most votes.
4. Repeat the previous step until at least the top 5 most popular items are included.
5. Give each group member a chance to gently stir the snack mix.
6. Using a small scoop, divide the snack mix evenly into small bowls or baggies, one per group member.
7. Enjoy the snack you all created together!



## Reflection: Do | Apply | Reflect

Will your snack mix be the same or different if you made it with other people? Circle your answer.

SAME

DIFFERENT

Why?

Did you like every item that was in the group's snack mix? Circle your answer.

YES

NO

If yes, what was your favorite?

If no, why was it in your snack mix if you don't like it?

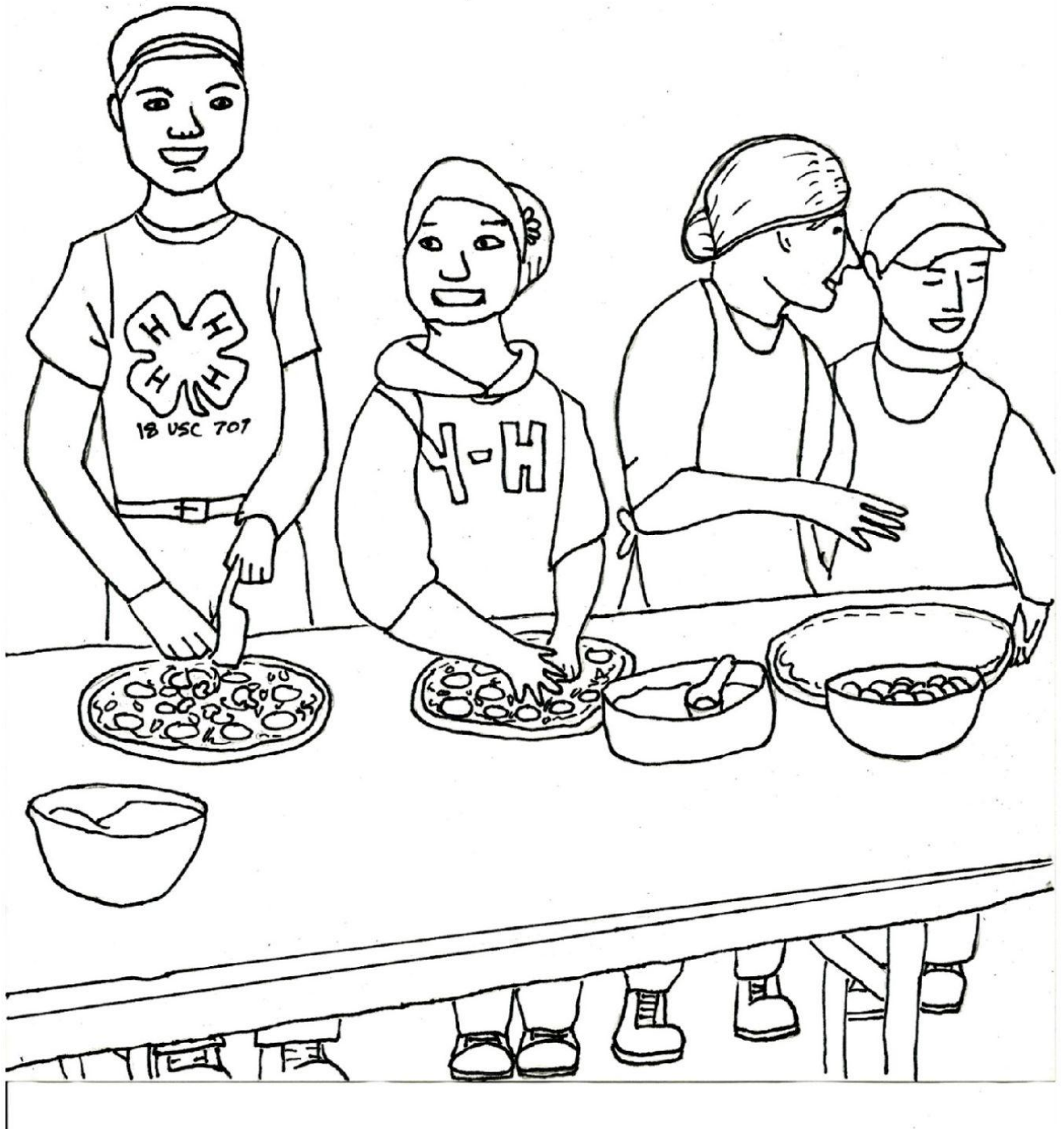
What do you do if you don't like a group decision?

Draw a picture of your snack mix or something about this activity.



Insert or draw a picture of you with your snack mix.

# Belonging Together

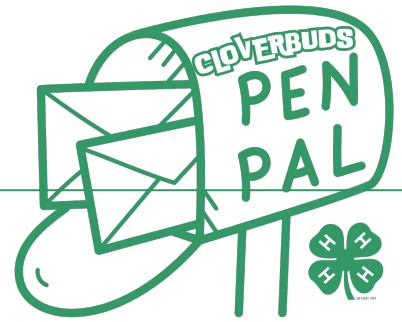


Artwork by Sarah Stege, Grade 11, Washington County

Recognize, understand, respect, and appreciate each other



# November: 4-H Pen Pals



## Steps to Participate

### 1) Sign up!

Register through 4-H Online by November 18 at <https://area2penpal.4honline.com>



### 2) Match!

We will pair you with a friend from a different club or county.

### 3) Connect!

Write at least once per month with your new friend (you should receive and send at least one letter/picture per month).

### 4) Make Friends!

Share fun facts, pictures and drawings about you with your pen pal. We will send you a PenPal kit with ideas and prompts with the name of your new buddy.

### 5) Share!

In August, we hope many of our friends can meet at our in-person Cloverbud camp/celebration.



Connect with 4-H friends  
from around the area.

Our Pen Pal program runs  
from Mid December-August

**\*\*Must be enrolled in 4-H to  
participate in Pen-Pal Program**