

MAKING A DIFFERENCE

TARRANT COUNTY



Courtney Davis,
Tarrant County Extension Director

Director's Message

Tarrant County Hosts AgriLife Intern

We often have the ability within our team to host interns from various colleges and universities throughout the nation and various disciplines, all related to Extension work. These are typically unpaid internships that provide an educational opportunity to gain knowledge and work experience within their chosen field and an opportunity to see the entirety of the work done by the Tarrant County AgriLife team.

This summer, we had the opportunity to provide a paid internship opportunity to a recent Texas A&M University graduate with a strong interest in the Horticulture program. Julia Minter, originally from Mount Vernon, Texas, joined our team in June and has spent the summer assisting with gardening, nutrition and commercial horticulture programs. Additionally, Julia has been completing a research project analyzing the soil composition from samples taken throughout Tarrant County, looking at key nutrients and potential soil needs for commercial horticulture production. The results from this study will be able to assist local growers with determining their soil health and can lead to higher crop yields for these producers. This study will also serve as a benchmark for future home and commercial producers in Tarrant County.

Julia plans to continue her education at Texas A&M University this fall as she pursues her Master of Science in Horticulture degree.

For more information regarding internship experiences with AgriLife Extension, contact Courtney Davis, Tarrant County Extension Director at 817.884.1945 or Courtney.davis@ag.tamu.edu.

Courtney



Tarrant County 4-H Youth Will Become “Changemakers” in their Communities

Jacqui Frampton, County Extension Agent, 4-H Youth Development

Over 24 million people in the U.S. lack high-speed internet access, and many more do not have the skills needed to take full advantage of online resources. The combination of inadequate internet access and limited digital skills has created a digital divide, impacting future opportunities for young people and adults. 4-H Tech Changemakers is empowering young people to close the divide by providing the education and tools needed to teach digital skills to adults in their communities.

In the Spring of 2021, Tarrant County 4-H was selected to be one of four counties in Texas to receive a grant from the National 4-H Council to implement the 4-H Tech Changemakers program. Through partnerships with Microsoft, Verizon, Land O’ Lakes, and the Tractor Supply Company, the National 4-H Council has been able to empower youth to learn how they can make a difference in the digital divide. Tarrant County 4-H is committed to training high school age ambassadors from across the county who will assess, plan, implement, and evaluate educational programs for adults in their local community.

You can learn more about the 4-H Tech Changemaker Grant Project at: <https://4-h.org/about/4-h-at-home/tech-changemakers>.

Meet Our Newest Team Member and 4-H Intern on the 4-H Tech Changemakers Grant:

Marva Bracks



I live by 1 Peter 4:10, “use your gifts to serve others” and for over 30 years my community involvement has kept me active in various programs for youth and adults. So the opportunity to work with Changemakers is EXCITING! It’s the best of both worlds, which means it will reach around the world, not just the community but into the future.

As a daughter, a mother of 4, and grandmother of 13; I can see the impact Changemakers will have on the generations; by preparing youth for leadership, responsibility, and service. Meanwhile, helping our adults remain viable with knowledge of how to maneuver through this new digital world.

Being a Changemaker means doing legacy work as a 4-H and TAMU-SA (Texas A&M San Antonio) alumna.

“...for my club, my community, my country, and my world.”

I am a CHANGEMAKER!



18 USC 707

West Nile

Jacklyn Jones-Doyle, County Extension Agent, Agriculture/Natural Resources

Fall is finally just around the corner, or at least what we in Texas can consider fall, but with it also brings about that “wonderful” little bug – the mosquito. Which for the Equine industry it brings on a whole different set of concerns – West Nile (WNV).

West Nile virus is defined as a zoonotic disease, which means it can be transmitted between animals and humans. The virus is generally transmitted from birds by mosquitoes to horses, humans, or any other animal. For this reason, the virus is more common in the summer or fall when birds are migrating. Most animals are dead-end hosts for the virus and are not directly contagious from animal to animal or animal to human.

Since the fatality rate for horses exhibiting clinical signs of WNV is over 30 percent, utilizing a vaccine is recommended by all veterinarians.

All West Nile vaccines on the market carry a one-year duration of immunity. Veterinarians recommend horses previously vaccinated, be vaccinated annually in the spring, prior to the onset of the insect vector season; but the important issue is to get the horse vaccinated and then put on a spring vaccination schedule. Horses that have never been vaccinated should receive their initial shot, 3-4 weeks later a booster, and then an annual booster.

“Vaccination has significantly decreased the incidence of West Nile disease in horses in the face of a steady increase of case numbers in humans, where there is no vaccine available,” says Dr. Leslie Easterwood, Clinical Assistant Professor at the Texas A&M College of Veterinary Medicine & Biomedical Sciences. “Horses are recommended to be vaccinated twice yearly in areas of the country where mosquitos are present all year.”

As a horse owner, it is important to have a close working relationship with your veterinarian and have an equine wellness plan in place, especially during West Nile season. The sooner the symptoms are identified, and the horse receives treatment, the better chance the horse has in surviving. According to Easterwood, one-third of all equine West Nile cases generally survive with proper intervention.

“If an owner sees neurologic signs of wobbly stance, unsteady movement, depression, not eating, with or without muscle twitching, they should call their veterinarian right away,” explained Easterwood, even if the horse has been vaccinated.

Although the West Nile vaccine has proven effective, Easterwood reminds horse owners that no vaccine is 100 percent protective.

Horse owners should take steps to reduce the number of mosquitos around their facilities by eliminating standing water, keeping stalls and pens clean, using equine mosquito repellents, fly sheets, and fly masks, plus placing fans inside stalls since mosquitos have difficulty flying in the wind. But most importantly, horse owners should have a working relationship with their veterinarians in order to ensure the best health of their horses!

Tarrant County 4-H Members Excel at Texas 4-H Roundup

Jacqui Frampton, County Extension Agent, 4-H Youth Development

4-H members from Tarrant County 4-H participated at the 75th Texas 4-H Roundup in College Station, Texas, June 8-10th. Texas 4-H Roundup, the pinnacle event for all of Texas 4-H, welcomed around 1,300 youth to compete in approximately 50 diverse competitions throughout the week. The contests included both qualifying events, where 4-H members qualified at their county and district contests to compete at the state level, and invitational events. Texas 4-H Roundup was open to senior level, or high school aged, 4-H members only this year. Additionally, the Texas 4-H Youth Development Foundation awarded more than \$2.7 million in scholarships to 232 youth.

4-H is America's largest youth development organization, empowering nearly six million young people with the skills to lead for a lifetime. 4-H is a community of young people across America who are learning leadership, citizenship, and life skills. The mission of Texas 4-H is to provide meaningful opportunities for all youth to have fun, learn, explore, and discover. While participating in 4-H, young people make new friends, develop new skills, become leaders, and form positive attitudes helping them to be capable, responsible, and compassionate members of society. Texas 4-H, as part of the Texas A&M AgriLife Extension Service, also stands to, through the application of science-based knowledge, create high-quality, relevant continuing education that encourages lasting and effective change.

The Tarrant County 4-H program is proud of the following youth for their participation and success at Texas 4-H Roundup:

Amelia Morrow, *Share the Fun Contest – Poetry/Prose*

Brent LeBlanc, *Texas 4-H At Large Delegate, Contest Assistant/Youth Leader*

Ajay Greenwood, *Texas 4-H Opportunity Scholarship Recipient, Courageous Heart Scholarship in the amount of \$5,000*

Texas 4-H Roundup has been held on the campus of Texas A&M University since 1946, therefore making this event the 75th year of Texas 4-H Roundup. After the cancellation of Roundup in 2020, AgriLife Extension leaders were eager to offer this event again this year to the hardworking 4-H youth across the state.

"We are so excited to be hosting Texas 4-H Roundup this year and having the opportunity for 4-Hers to celebrate their accomplishments. After going through the ups and downs of this last year, it is so good to see people and be able to celebrate successes with them," Texas 4-H Program Leader, said Montza Williams, Ed.D. "Even though it was not easy, 4-Hers have been flexible and adaptable and I appreciate their "we can do this" attitude."

The 2022 event is planned for June 6-9, 2022 in Bryan-College Station, Texas.



18 USC 707

Prairie View A&M University Extension's Impactful 4-H Advisory Board

Jordan Peldyak, Extension Agent, Cooperative Extension Program, 4-H Youth Development

During the start of 2018, Prairie View A&M Cooperative Extension Agents in Tarrant County created a new 4-H Advisory Board to discuss the needs of limited resource youth in Texas. The purpose of the board was to find a diverse group of local professionals that have expertise and involvement in Environmental youth programs. The board consists of Members of the Tarrant County Regional Water District, Texas Wildlife Association, Tarrant County Community College, City of Fort Worth Recreation, Local photographers, and school principals. All members of the board are passionate and motivated to help serve the needs of providing environment stewardship education and teaching about potential green jobs in Environmental and water education.

The Tarrant County 4-H CEP Advisory Board president Michelle Wood-Ramirez (Tarrant Regional Water; District-Watershed Specialist) has led many trainings for local Extension Agents in Tarrant and surrounding counties related to water education. One of the large program trainings she conducts is the "stream educational trailer." This program provides a hands-on interactive experience for youth to see how rivers and streams are affected by erosion and water pollution. The stream trailer can be checked out or picked up for use at schools and local events in the area. The stream trailer also allows 4-H agents/youth leadership opportunities to conduct the program with local clubs or groups.

The second interactive program provided by Tarrant Regional Water District is the "Watershed Experience trailer." This is an enclosed trailer with displays and activities for youth to walk through and learn about watersheds, Point Source/ Non-Point Source Pollution and discover how pollution gets into our water supply. The Texas Wildlife Association provides trainings and teaching opportunities for Extension Agents and volunteers in the Northeast region of Texas. One large program the Texas Wildlife Association has offered and partnered with Prairie View A&M Extension is the interactive field trip and program called "Field Investigations." This is an outdoor program where students get to learn at educational stations near the Panther Island Pavilion in Fort Worth. The educational stations topics are on Water Chemistry, Aquatic Macroinvertebrates, Rainfall Simulator, and Historic Storytelling. Each station is taught by a trained volunteer that went through the Texas Wildlife Association training program. Tarrant County 4-H CEP Agents have taught at numerous field investigations at the Panther Island location.

The 4-H CEP Advisory Board also helps plan the in-depth programs related to Water Education and conservation in Tarrant County. Each meeting the committee discusses current classes, locations, and programs that are in the county currently and how we can expand to new areas. At the end of every year the committee comes together for an interpretation meeting that discusses the program impacts in the county and how it can improve for next year. This Advisory Board has been supported greatly by the passion of our advisory president Michelle Wood-Ramirez and others. The 4-H program had a large impact on Michelle Wood-Ramirez's path to becoming a Tarrant Regional Water District Watershed Specialist. The High School Estelle Camp inspired her in many ways to choosing her career path. Here is a statement in her own words about the camp. "My experiences with the HS Estelle 4-H Youth Camp in 2004 were incredibly prodigious. I'm so grateful for the

Texas A&M AgriLife Extension staff involved and for them allowing the Wildlife Conservation Camp to be hosted there that summer. Exploring the woods, getting hands-on experience studying the area's natural resources and careers, and the team building from the ropes course have all shaped my personal and professional development. Without camps like this the next generation wouldn't be connected to the world we live in. I'm so grateful for the passion of these volunteers to equip students to change the world."



18 USC 707

Tarrant County Master Gardener Help Desk

Julia Minter, Intern, Horticulture

Have you struggled to control insects in your vegetable garden? Has your lawn been overwhelmed with patches of dying turf? Are the leaves of your plants turning yellow while all you can do is watch on in dismay? You've heard the all-too-common commercials... When prompting questions are asked, they are often followed by a shout that "Help is on the way!". In this case, help comes in the form of the Tarrant County Master Gardener Help Desk, where volunteers are picking up the phone and emailing responses to help you solve your gardening problems.

The Texas Master Gardener Program started in 1978, modeled after the Master Gardener program started in 1972 by Dr. David Gibby with the Washington State University Extension Service after continually being overwhelmed by homeowners calling for gardening help. From the beginning, the purpose of a Master Gardener was to assist extension agents in answering home garden questions. In the Tarrant County Extension Office, our Master Gardeners continue to live out their association's purpose by providing the county with research-based answers to questions about insects, disease, landscapes, and gardens.

There are currently 404 Tarrant County Master Gardeners who volunteer their time educating others through projects across the county. During the year, each Master Gardener takes their turn at the Help Desk, answering around 300 phone calls and emails each month. Every question asked leads Master Gardeners to dig deep into current research from universities in order to provide answers and resources that are not just opinions, but are reliable and factual.

During the height of the pandemic, while the office doors were closed, the Tarrant County Master Gardeners took the challenge of moving the Help Desk into their homes, responding from a distance to questions received. Now, Master Gardeners are filtering back into the office, taking their normal place. It has been exciting for me, as a new summer horticulture intern, to watch on as the Master Gardener volunteers excitedly research the questions that come in. They are just as excited to answer questions as people are to receive answers. This might sound backwards, but the truth is Master Gardeners are eager to learn and help and by searching for gardening answers they are inadvertently expanding their knowledge as well.

While talking to Tarrant County Master Gardener, Nora Coalson, I asked her what she would like others to know about the Help Desk, she replied "Tell your friends about it! We are here and want to answer your questions." Whether you are a long-time gardener or you are just starting to stick your self-described "black thumbs" into the soil, the Tarrant County Master Gardeners are ready and excited to help you (and your friends) grow flourishing gardens and lawns.

TIPS FOR GETTING YOUR GARDENING QUESTIONS ANSWERED:

- **Contact the Help Desk**
 - **Phone:** (817) 884-1944
 - **Email:** TarrantMG@ag.tamu.edu
- **Take high quality pictures**
 - Include multiple perspectives: Close up, whole plant, and situational pictures
 - For insect identification: photograph on a white background and include a coin or object for size reference.
- **Describe** when the problem started and how the problem developed
- **Inform** of previous work done in the area or to the plant
- **Observe** if neighbors or other plants are experiencing a similar problem
- **Note** plant age and the location it is planted in

Selecting Superstars

Laura Miller, County Extension Agent, Horticulture

Superstar Selections

In the middle of this Texas summer, it is hard to remember how cold it was in February. If you manage a landscape, there is probably something there, or not there anymore, to remind you. With the loss of so much plant material in North Texas landscapes and in area nurseries, plants are in demand.

While it is always tempting to try to go back to what you had and loved, the silver lining to our very cold cloud is the opportunity to try something new.

How do you know what to try? Texas A&M AgriLife Extension and Research and the Texas Department of Agriculture hope to take a bit of the guesswork out of plant selection with the Texas Superstar® program. Extension agents and researchers have long traded plant materials, but in the early 1990s, they decided to become a bit more deliberate about the plant trialing process. Plants are installed and evaluated in four different places in our large state, and those that perform well in Lubbock, Overton, College Station and San Antonio can earn the Texas Superstar® designation.

In addition to trialing and identifying strong plants for Texas, the Texas Superstar® program also works with plant growers and retailers to let them know which plants are doing well in trials and what will be promoted. One of the largest wholesale producers of Texas Superstar® plants is Seville Farms which is headquartered right here in Tarrant County. You can find these great plants at most local garden centers.

The entire list of Texas Superstar® plants and an excellent downloadable brochure with water use, deer resistance, and pollinator attractiveness ratings are available online at <https://texassuperstar.com/>.

More Tips for Selecting Stunning Plants

Search with an Online Selector

Online selectors allow you to input plant characteristics such as tree or shrub or flower color and location information to generate a list of plant candidates. Here are three to try:

Earth-Kind® Plant Selector <http://ekps.tamu.edu>. Texas plants ranked with an Earth-Kind® index score of 10 (super tough) to 1.

TexasSmartScape <http://www.txsmartscape.com/plant-search/index.php>. Plant database developed for North Central Texas.

Texas Tree Planting Guide <https://texastreeplanting.tamu.edu/>. Just trees—the most significant investments in your landscape.

Visit a Great Garden

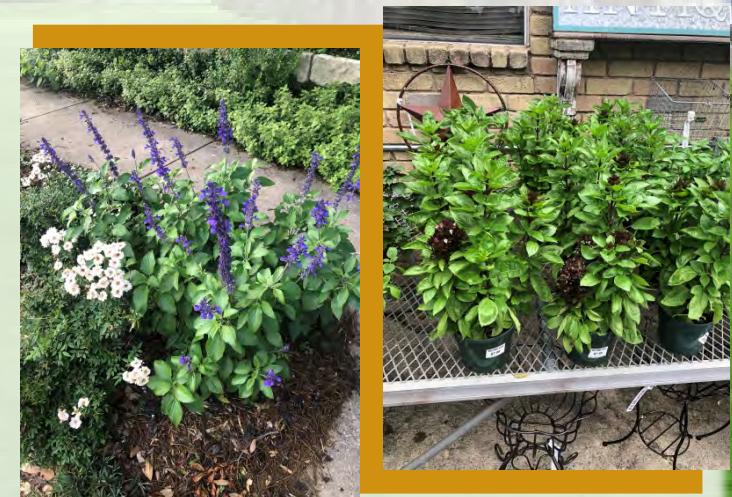
Public and demonstration gardens can show you what plants look like in a landscape AND tell you their names because the plants are labeled. Your own neighborhood can be a source of plant inspiration as well, though you may have to find the gardener to find out exactly what they planted. The Fort Worth Botanic Garden features gardens focused on both kinds of plants, such as the Water Conservation Garden and Pollinator pathway, and landscape styles both formal and informal <https://fwbg.org/>. Master Gardeners volunteer at the Fort Worth Botanic Garden and maintain demonstration gardens at schools, parks, and other public facilities http://www.tarrantmg.org/community_projects.htm.

Evaluate your Microclimate

The biggest challenge you will face in plant selection is getting the right plant in the right place in your landscape. When you have a list of potential plants together, look at these factors:

Light—full sun, part sun or shade? How many hours of sunlight per day?

Water—think in terms of hydrozones. Does this area get regular irrigation? Just rainfall? Keep in mind that every plant needs irrigation to get established in the landscape. Fall is a great time to plant. Summer can be a challenge. Soil—it is easy enough to amend the soil sufficiently to meet the soil drainage and even pH requirements of small plants such as annuals and perennials, but large, long lived plants must be well adapted to soil conditions.



The Power of Adjustment

Robin Hall, Extension Agent, Expanded Food & Nutrition Education Program

Tarrant County AgriLife's Expanded Food and Nutrition Education Program (EFNEP) recently partnered with one of AgriLife's Family and Community Health (FCH) programs to positively impact the lives of families participating in a weekly fellowship meeting at Trinity United Methodist Church Fort Worth (Trinity). The lessons learned were priceless. Among them: continuous adjustments can still yield successful outcomes.

Our partnership began a few months ago when one of Trinity's volunteers reached out to discuss the possibility of partnering to bring nutrition education and cooking to the families participating in their weekly fellowship meeting called *A Healthier You*. She had seen an FCH post on Facebook showcasing live virtual cooking demonstrations with a group of families whose children attended Chisholm Trail Intermediate School and wanted to do something similar with her group.

Wheels started turning, and after a little discussion and idea sharing, we came up with a plan: we would simultaneously implement the EFNEP adult program with participating parents and the EFNEP youth program with their children, separately. Then, we would bring the families together for a short physical activity break before our FCH agent would lead them in preparing their dinner. All participants would then eat dinner together, and it would be a lovely evening of food, fellowship, and fun. The program would run for six consecutive weeks and groceries used to prepare the recipes would be purchased using grant funds awarded to address food access. That was it. We had it all figured out. This was going to be great!

Our team met several times prior to the first session to plan logistics, activities, menus, and grocery shopping trips. This would be the first time EFNEP and FCH would collaborate to facilitate our programs and we wanted to make sure everything went off without a hitch. On the other hand, however, after navigating through COVID and having to adjust many of our existing plans over the past year, we were ready for whatever this new partnership would bring.

We were excited to see a great turnout the first week. As mentioned, we planned specific recipes to prepare each week based on three criteria; the recipes had to be 1.) healthy, 2.) economical, and 3.) correspond to the nutrition lesson for that week. We wanted the families to experience every step that came along with preparing a hot meal, so the first week our menu consisted of Veggie Enchilada Skillet and Apple Quesadillas.



Each family got their own set of ingredients, cooking equipment, and the necessary utensils to prepare the recipes. Unfortunately, however, not much cooking took place that first week. In our attempt to ensure that each family had their own electric skillet to cook in, we may or may not have knocked the power out in the church (oops). By the time we got everything sorted out, it was late, and rather than preparing the recipe on-site, we sent everyone home with the ingredients and recipes to prepare their meals at home. Now, that was quite a blow because we really thought we had it all figured out. However, we refused to let this one incident defeat us!

It was time to exercise those adjustment skills that had inadvertently been strengthened over the past year.

After much deliberation, our team adjusted the recipes for the demonstrations and agreed to teach the families how to create charcuterie boards the following week. For the remainder of the sessions, we decided to make use of the church's grill and show the families how to grill foods not traditionally cooked on the grill, such as turkey smoked sausage and veggie foil packets, pizza, and fruit kabobs.

Throughout the six weeks, we made adjustments to many of the components of the sessions. We adjusted everything from how the room was set up, to the strategies used to keep participants engaged during the recipe demonstration, to the amount of time we spent conducting each component of the session so that we could ensure we had enough time to cover all the material.

At the end of the day, after plans were made and adjusted...and readjusted, we received reports of positive changes some families started to make, like reassessing their monthly food budgets and planning their grocery shopping trips. One family got creative in the kitchen and began utilizing their leftover fruits and vegetables in creative ways to prevent wasting food and money. Another family reported that their child requested they take spinach (of all things) to a local chicken restaurant so that they could enjoy a vegetable with their meal. After hearing of some of these stories, it donned on me that success is still possible even when plans must be adjusted.

The Expanded Food and Nutrition Education Program strives to teach our participants skills to promote health and wellness, and it looks like that is exactly what we did with this group, adjustments, and all. We truly enjoyed our time spent with the group at Trinity United Methodist Church Fort Worth and we hope to create similar partnerships in the future.

Stress Less with Mindfulness

Alaina Woolsey, County Extension Agent, Family & Community Health

May is Mental Health Awareness Month

To celebrate, Family and Community Health Agent, Alaina Woolsey, implemented Stress Less with Mindfulness at two different worksites within Tarrant County.

The lesson series covered topics like building our stress resilience, mindful breathing, learning what we can and cannot control and mindful eating.



The definition of mindfulness is "the awareness that arises from paying attention, on purpose, in the present moment."

It's important to minimize stress in life because chronic stress can contribute to alzheimers, memory loss and cell damage.



Stress can impact your body, thoughts, feelings, and relationships. However, Mindfulness is open, receptive, curious, gentle, and nurturing.

TRY IT AT HOME:
THIS WEEK RIGHT BEFORE YOU GO TO BED, WRITE DOWN THREE THINGS THAT WENT REALLY WELL THAT DAY

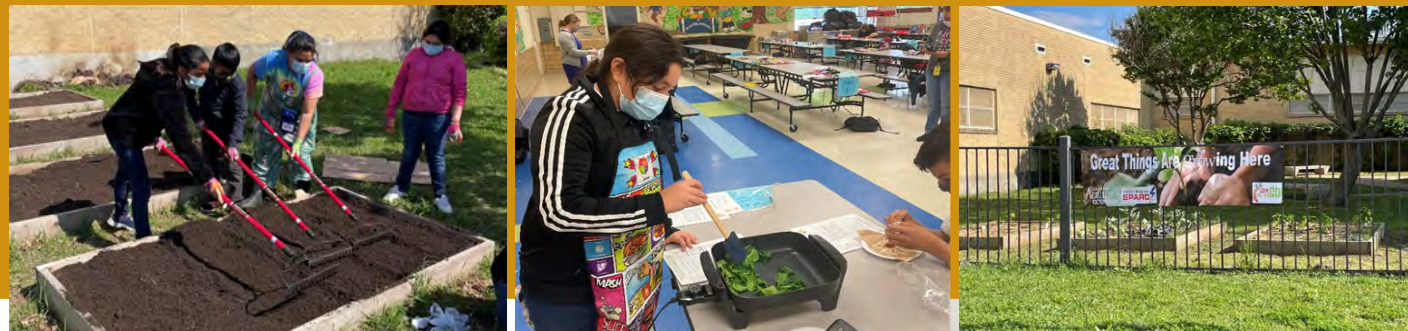


Learn, Grow, Eat, Go- Glen Park Elementary

Fralonda Aubrey, County Extension Agent, Family & Community Health

Despite obstacles presented due to COVID-19, Texas A&M AgriLife Extension Service, Fort Worth SPARC, and Clayton Youth Enrichment partnered to implement a gardening program for Fort Worth ISD - Glen Park Elementary. The project began March 23 through June 1, 2021, providing after-school students an interactive educational experience in science, health, and agriculture. Objectives of the project were to positively impact student's health, decrease obesity risk, impact family health, increase family mealtime, and encourage production of home gardening.

The Junior Master Gardener "Learn, Grow, Eat, & Go!" (LGEG) curriculum served as the educational foundation of the project. Tarrant County Extension Agents and Master Gardener volunteers collaborated to deliver 20 after-school sessions. The delivery methods included question and answer sessions, hands-on garden construction and maintenance, cooking, physical activities, and learning through games. Each week students engaged in lessons to enrich their knowledge in science, math, language arts, and health. Gardening ignited student's interest in learning about seeds, plants, soil, entomology, and basic horticulture. Nutrition and cooking sessions allowed students to become food scientists through taste testing and discussions on culinary concepts. Outdoor play and group games increased student's daily physical activity providing them the recommended moderate to vigorous movements to strengthen bones, build muscle, and burn calories.



Braving the Heat While Exercising in Summer

Tiffany Lankford, Extension Agent, Better Living for Texans

The Texas heat in the summer can be extreme, to say the least. So, you might be wondering how you, and your kids, can safely maintain a healthy level of physical activity while coping with the heat. It's tempting to stay indoors when it's really hot but staying indoors (particularly for kids) can lead to too much screen time and/or overeating. The question becomes, how can parents keep the family cool while still getting outside and staying active? Luckily, there are ways to get the best of both worlds: 1. One of the best ways to cope with the heat is to drink lots of cool fluids (not alcohol or caffeine, as they can lead to dehydration). Water, clear juice, and sports drinks with electrolytes are the best options. A good rule when exercising in the heat is to take frequent breaks to hydrate (every 15 to 20 minutes). 2. Wear light, loose-fitting, breathable clothing and a head covering (i.e., a hat or visor). Also, use sunscreen. 3. If exercising outside (except swimming, which naturally cools us) do so in the morning or evening when temperatures are lower.

Eat foods with high water contents (cucumbers, berries, or melons) before your workout. Have a salty snack like nuts after the workout to replace salt lost through sweating. 4. If it's just too hot outside, your family can enjoy a great indoor workout. Use dumbbells, do lunges and squats, or dance to get a workout in the comfort of your own home. 5. Gradually increase the duration of your workout (i.e., 15 minutes the first day, 20 minutes the second). 6. Listen to your body. If you feel the need to stop...stop. These simple steps can help you stay fit, even during the long, hot days of summer!

Recipe of the Month! Tangy Fruit Salad

Ingredients:
2 tablespoons instant sugar free vanilla pudding mix
1 cup fat free vanilla yogurt
115-oz. can pineapple chunks, in juice, drained
1 11-oz. can mandarin oranges, in juice, drained
1 cup grapes
2 medium bananas, sliced

What to do:

1. Wash your hands and clean your cooking area.
2. Clean the tops of canned food items before opening them.
3. Combine pudding mix and yogurt in a medium bowl.
4. Mix fruit into yogurt mixture.
5. Refrigerate mixture and serve when chilled.

Nutrients Per Serving: 170 calories, 0 g total fat, 0g saturated fat, 3 g protein, 40 g carbohydrates, 3 g dietary fiber, 30 g total sugars, and 220 mg sodium

