



IDAHO NATIONAL GUARD
SERVICE MEMBER & FAMILY SUPPORT EVENT

MILITARY YOUTH LIVE EVENT

**SATURDAY,
February 20 @ 12:00 PM MT
Open to all ages!**

Hosted by 4H,
this month's practical skill:

Healthy Eating

Join us while we make
smoothies and learn about
healthy eating habits!

**MAKE SURE YOU HAVE
THESE INGREDIENTS TO
MAKE THE SMOOTHIE!**



1.5 cups of Frozen Fruit



1.5 Large Bananas



**2 cups of Vanilla Low-Fat
Yogurt**



2 Cups of Spinach

***You will also need a blender &
measuring cups***

Register to
receive a **FREE**
Youth Cookbook!

Contact Nicholas Wagner for details:
Nicholas.a.wagner10.ctr@mail.mil | 208-406-1398

[Click Here to Register](#)

