

# U and I TOGETHER

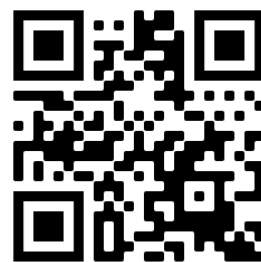
An activity series where all ages  
can learn!

**4-4:30 PM MT | WEEKLY**  
**TUESDAYS JUNE 1ST-AUGUST 17TH**

Free and virtual on zoom!  
See back for series schedule



**University of Idaho**  
Extension



**Click here or scan the**  
**QR code to register!**

It is U of I policy to prohibit and eliminate discrimination on the basis of race, color, national origin, religion, sex, sexual orientation and gender identity/expression, age, disability, or status as a Vietnam-era veteran. This policy applies to all programs, services, and facilities, and includes, but is not limited to, applications, admissions, access to programs and services, and employment. Persons with disabilities who require alternative means for communication or program information or reasonable accommodations need to contact the Canyon County Extension by at least two weeks prior to the event at 501 Main Street, Caldwell, 208-459-6003 or [canyon@uidaho.edu](mailto:canyon@uidaho.edu).

## **WEEK 1 JUNE 1ST**

Making Family Finance Fun

What motivates you? Do allowances work? What influences wealth? We will answer these questions and in the process, learn how to improve your financial future.

## **WEEK 2 JUNE 8TH**

Building Healthy Snacks  
Using MyPlate

Learn about MyPlate and building healthy snacks using the five food groups! Walk away knowing how to build your own at home.

## **WEEK 3 JUNE 15TH**

How Do Bees Make Honey?

How do honey bees make honey? Come learn the benefits of honey, anti-microbial/bacterial properties of honey and how to test if your honey is real!

## **WEEK 4 JUNE 22ND**

Get Outdoors: Learn and  
Love the World Around You

Explore Idaho! Valley County is north of Boise with several miles of hiking, biking, and outdoor adventure! Learn to incorporate the natural world and be responsible for taking care of it!

## **WEEK 5 JUNE 29TH**

Healthy Breakfast on the Go!

Take a few minutes to learn to whip up Grab-N-Go Omelet Cups. You'll have a quick and healthy breakfast as you run out the door.

## **WEEK 6 JULY 6TH**

Think Your Drink

Do you know the amount of calories, nutrients and sugar that can be in beverages? Come find out!

## **WEEK 7 JULY 13TH**

Yoga For Kids

Experience what yoga is, the benefits and some basic poses.

## **WEEK 8 JULY 20TH**

ReWilding Challenge: Easy  
Outdoor Activities

Cut down on screen time, reconnect with family and nature right outside your door!

## **WEEK 9 JULY 27TH**

Steak Anyone?

What do you need to know to choose and cook a steak to perfection? Beef-It's what's for dinner!

## **WEEK 10 AUG 3RD**

Which Came First, The  
Chicken or The Egg?

Chickens can be fun, profitable and they make breakfast! Learn the ins and outs of raising chickens and incredible EGG facts!

## **WEEK 11 AUG 10TH**

Growing Your Fall  
Vegetable Crop

Prepare a fall planting template to place in your fall garden using paper towel, glue, and seeds.

## **WEEK 12 AUG 17TH**

Air Frying Family Fun

Come hungry! Everyone will learn how easy, quick, and fun making foods in the air fryer can be.