

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.