4-H +Me = Health: Quick and Easy Bird Feeder

What will we learn? 4-H members will learn how to make a quick and easy bird feeder.

Why is this important? Just like people, the birds in your backyard also need nutritious foods.

Prep time needed: 5–10 minutes
Activity length: 5–10 minutes depending on group size

What will we need?

Preparation:
• Peanut butter
• Pine cones
• Birdseed
• Yarn or wire
• Wax paper

At the meeting:
• Large table

What do I need to do?

Preparation:
1. Purchase necessary ingredients/supplies and set up a work station on the table.
2. Put birdseed in a shallow dish.

At the meeting:
1. Spread peanut butter all over the pine cone.
2. Roll the peanut butter-covered pine cone in a dish of birdseed.
3. Attach a piece of yarn or wire to use as a hanger to the pine cone.
4. After the meeting, members can hang their feeder at home to observe what kind of birds come to eat.

Summary: Good nutrition is important to the health of animals and people.
What 4-H projects does this activity connect with: Arts and Crafts, Child Development, Foods, Health, Public Speaking, and Wildlife

Snack connection: No Bake Breakfast Cookies (12 servings)

*Ingredients:*
- 1/2 cup honey or light corn syrup
- 1/2 cup non-fat dry milk
- 1/2 cup raisins or chopped dates
- 1/2 cup creamy peanut butter
- 2–1/2 cups flaked cereal, coarsely crushed

*Directions:*
- Stir in dry milk. Fold in cereal and raisins.
- Drop by heaping tablespoons onto waxed paper to form mounds.
- Cool to room temperature. Store in refrigerator.

*Resources:*
http://web4.audubon.org/educate/educators/bird_feeders.html
http://www.in.gov/dnr/kids/5989.htm
http://www.whatscooking.fns.usda.gov/recipes/supplemental-nutrition-assistance-program-snap/no-bake-breakfast-cookies