

# 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:*

- Heat honey and peanut butter in a medium saucepan over low heat. Stir until blended. Remove from heat.
- 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://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>