

4th H for Health  
October Edition

**Witch Brooms :**

- 12 Sliced cheese
- 12 pretzel sticks
- 12 Fresh chives

Directions:

1. Fold the cheese slice in half and with the help of scissors, cut the fringes of the broom.
2. Roll with the 'fringes' downwards using the pretzel stick as the axis of the broom.
3. Finally to secure the cheese around the pretzel use a chive to tie a knot



Enjoy!



**Bonus Opportunity**

Delaware 4-H has partnered with Sussex County Health Coalition to Go Purple for the month of October! To help bring awareness and engage our community to stand up against substance abuse. Please sign the pledge to show your support in this awareness ([SIGN THE PLEDGE - Delaware Goes Purple - Hook Development](#)).

At your next club meeting have all members wear PURPLE and take a picture! Send it to Kaitlin Klair at [kklair@udel.edu](mailto:kklair@udel.edu) and we will create a collage of all clubs in purple!

For more information, reach out to Lindsay at [lgooden@udel.edu](mailto:lgooden@udel.edu) or visiting:  
<https://delawaregoespurple.org/>