



## FOLD A SWEATER IN A NEAT WAY

Folding your sweaters or sweatshirts before you store them is an important skill to know. When your clothes are properly folded, they're easier to stack on a shelf or in a dresser drawer and are less likely to get wrinkled. Follow these steps.

1. Pick a folding spot. A flat, smooth surface that's large enough for your sweater to fit on, like a table or your bed, makes the process easier. Lay your sweater out flat with the front side facing down.
2. Fold in the sleeves. Imagine a line running vertically down the back of your sweater. Fold each side of the sweater lengthwise in toward that line. Then fold back the sleeves neatly. For a hoodie, take the hood and fold it down on top of the sleeves, pointing it toward the bottom of the sweatshirt.
3. Finish up. Fold the top of the sweater down toward the bottom, making a square shape. Now your sweater is ready to be stored away.



**FUN FACT**  
The oldest known apple pie recipe was written in 1381 in England.



## Make apple pie overnight oats

### Ingredients

- 1 cup old fashioned oats
- ½ cup applesauce
- ½ cup plain Greek-style yogurt
- 1 tsp. ground cinnamon
- ½ cup milk
- Chopped apples, for serving
- Chopped walnuts, for serving
- Honey, for serving

### Instructions

1. Combine the oats, applesauce, yogurt, and cinnamon in a large bowl and mix well. Cover bowl with plastic wrap or aluminum foil, and refrigerate overnight.  
**Tip:** Greek yogurt works well in overnight oats because it's nice and thick. But you can use regular plain yogurt if you don't have the Greek kind.
2. The next morning, remove bowl from refrigerator. Stir milk into the oats to loosen them, then spoon into bowls.
3. Warm in microwave if desired, then top with chopped apples, walnuts, and a drizzle of honey. Serves 2–4.

### Why this recipe is great

- It's easy. Soaking the oats overnight softens them so they don't need cooking. When you wake up, they're ready!
- It's delicious. The applesauce, chopped apples, walnuts, and honey give these oats the yummy flavor of apple pie.
- It's healthy. This breakfast fills you up and boosts your energy. The oats are packed with fiber, and the plain yogurt is a good source of protein.



## ECO TIP OF THE WEEK GROW FLOWERS TO HELP BEES

In cities and towns, backyard gardens and window boxes are an important source of food for insects such as bees. Flowers produce nectar, a sweet liquid that bees feed on. And bees are pollinators, meaning they spread pollen from plant to plant to help make new flowers. Spring is a great time to plant pollinator-friendly flowers around your home. Look for seeds or partially grown plants that are native to your region. That means they are adapted to the climate, soil, and insects that live in your part of the country. Check seed packets to see if they are USDA Certified Organic, which means they have not been exposed to chemicals that can harm bees.

