



NEW DIRECTIONS

PRESIDENTS' ADDRESS

Dear Members, Advisers, and Alumni,

Social activist Howard Zinn once said, "Small acts, when multiplied by millions, can transform the world." This quote was very visible as members of NJ FCCLA participated in community service projects at the 2018 State Leadership Conference. There were several opportunities present at the conference for members to provide community service. These options ranged from donating canned goods, which benefited the Southern Ocean Food Bank, to collecting pull-tabs for the Ronald McDonald House in Camden. We are truly Generation Leadership. We hope everyone enjoyed the 2018 State Leadership Conference. It was a great success, and we are so happy we had the opportunity to meet members from across the state of New Jersey. Congratulations to all of the competitive event participants on a job well done! New Jersey has a great delegation to represent our state association at the 2018 National Leadership Conference held in Atlanta, Georgia. Thank you to the advisers, chaperones, parents, and alumni for making this conference a success. None of this would have been possible without you!

With the State Leadership Conference finished, it is time for us to look forward. While the fall seems far away, it is closer than you might think. This summer, work with your chapter and school to gain interest from your peers in FCCLA before the school year even begins. The way to make sure your chapter's year is successful is by getting it started early, with members who have the passion and desire to learn, grow, and develop their leadership. Continue serving as role models for new members and show them that a meaningful journey with FCCLA is available to everyone.

We hope you all have a relaxing and productive summer!

Sincerely,
Kelsey Jacobsen and Samantha Matson

INSIDE THIS
ISSUE

2018 STATE LEADERSHIP CONFERENCE

Samantha Matson, Vice President of Community Service

On March 28th and 29th, approximately 700 FCCLA members gathered at the Crowne Plaza in Cherry Hill for the 71st annual State Leadership Conference. The conference was a great success. Members heard from two fabulous keynote speakers, Aaron Davis and Russ Peak, in addition to many educational workshop presenters.

One of the focuses of the Family, Career and Community Leaders of America is service. At the conference, members had several opportunities to participate in community service. Chapters from across the state brought canned food items to the conference to benefit the Southern Ocean Food Bank as well as pull tabs and money to benefit the Ronald McDonald house in Camden. Members even had the opportunity to participate in community service during the conference, making fleece baby blankets for Project Linus.

There were many wonderful accomplishments in both our State and STAR Events this year, with many students receiving gold medals and qualifying for the 2018 National Leadership Conference in Atlanta, Georgia. In addition to competitive events, the Fashion Show was successful as always, allowing members to show off their creativity and talents.

**Thank you to each and every member
for making this conference a hit!**

SOCIAL MEDIA: PROMOTE FCCLA

Aashraya Singiri, Vice President of Public Relations

New Jersey FCCLA has joined the almost 2.77 billion people that are active on social media! Our state periodically posts about upcoming events, as well as, pictures to introduce you to the state officers, new initiatives, and give you an insight to what is happening on the state and national level! Stay involved and updated by checking our social media accounts for new and exciting posts on what our state is doing. This is a great way for members to get more involved in current activities in FCCLA. Social media effectively allows our members to receive information about FCCLA in a method that is most convenient for them. Members can visit NJ FCCLA's social media pages, including Instagram, Facebook, and Twitter, to learn more about FCCLA and what our state is completing throughout the year. Staying up-to-date is important in order to stay more involved in FCCLA and all that it offers members. And... Remember to click that like button!

WHAT IS YOUR FAVORITE MEMORY ABOUT FCCLA?

*Chelsea Oldender,
Vice President of Membership*

New Jersey FCCLA's Outgoing State Officers recount their favorite memories:

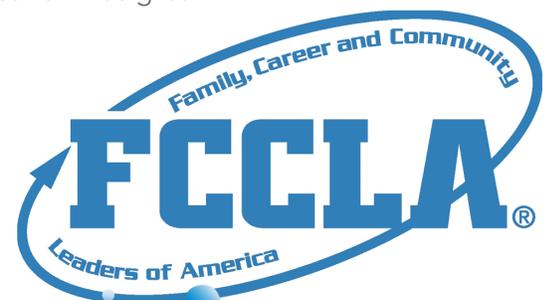
Kelsey: My favorite FCCLA memory was my first National Leadership Conference. It was such a great experience being in 7th grade and being able to connect with members from across the country who had the same love for FCCLA.

Bansari: My favorite FCCLA memory was at the 2017 National Leadership Conference in Nashville, TN. Representing NJ FCCLA on the national level through competing in a STAR Event, Parliamentary Procedure, was an incredible experience. I have made connections from across the country that will last me a lifetime.

Lacie: My favorite FCCLA memory would be when my team went to the National Leadership Conference for the first time in San Diego, California. It allowed my teammates and I to become even better friends. Our adviser became our mom for the week and made sure all of us had a great experience.

Nila: My favorite ever FCCLA memory was a fun night at the National Cluster Meeting. It was a freezing night in Washington, DC, and all of the state officers walked hand-in-hand around the memorials, appreciating the art and history. We laughed and shared stories and it felt great to be a part of such an amazing team.

Akshat: My favorite FCCLA memory was the National Leadership Conference in Nashville, Tennessee which started with a 15-hour bus ride there. Participating in all of the activities and workshops while sightseeing in a new location was great!



HOW TO USE FCCLA AFTER HIGH SCHOOL

Nila Aravindan

FCCLA places a focus on 21st century life skills, from financial planning to career readiness. Here are a few things FCCLA offers to students to prepare them for post-secondary education and beyond.

Career Connection

One of FCCLA's national programs, Career Connection enables students to combine opportunity with skills for success in career-life. It allows individuals to discover and improve upon their strengths and weaknesses and begin a mental plan to achieve the career they want.

Financial Fitness

Another one of FCCLA's national programs, Financial Fitness aims to prepare teens for the financial obligations that the future will impose. This program is organized into 4 units—Earning, Spending, Saving, and Protecting—which target all aspects of financing your future. By sharpening skills on money management, performing in a consumerist society, and financial planning, teens today will be better prepared for life after high school.

Power of One

Power of One could be used for virtually anyone at any point in life because it targets goal-making, an important skill that should constantly be used whether you are 16 or 60. Power of One's units—A Better You, Family Ties, Working on Working, Take the Lead, and Speak out for FCCLA—place a focus on several parts of life, from personal goals, to family goals, to academic goals, to career goals.

General Career Readiness

From state and national conferences to chapter level activities, FCCLA's focus on career readiness propels members to perform above and beyond in the real world. During Leadership Bootcamp, members hear from recruitment executives, who teach us about resumé writing and general interview etiquette. At state and national conferences, members can attend workshops to learn more about dressing for success and hear from motivational speakers who inspire us to think differently. Through FCCLA, there are numerous opportunities to prepare oneself for the looming future when we enter the real world.

FRIENDS OF FCCLA

Kelsey Jacobson, State President

Now that the school year has come to a close, many of our senior members will begin a new chapter in their life. Although your time in FCCLA is complete, there are wonderful things in store for your future, one of which is NJ Friends of FCCLA. This wonderful alumni program allows members to give back to an organization that has provided them with so much. Service opportunities range from judging a competitive event at the Fall Leadership Conference to presenting a workshop to current FCCLA members. Our conferences would not be possible without the support of our dedicated alumni. To join, simply fill out the application on the NJ FCCLA website, www.njfccla.org.

SENIOR OFFICER'S PLANS AFTER HIGH SCHOOL

Lacie Porch, Vice President of Public Relations

Akshat Kulkarni - I plan to go to college and major in biology or public health on a Pre-Med track to become a doctor. I hope to be either an oncologist or cardiologist so I can help a people with medical conditions. I also want to pick up some new hobbies and meet a variety of new people while in college.

Nila Aravindan - I plan on attending Northeastern University in Boston for a 5-year combined (bachelor's and master's degree) program in chemical engineering.

Lacie Porch - I plan to attend Rutgers Camden School of Nursing to become a Registered Nurse and eventually earn my doctorate so that I can become a pediatric rheumatologist. I want to be able to help the children who are diagnosed at a very young age and hope to find a cure for arthritis.

Rhea Jhamb - I plan on going to college as a finance major and eventually want to attend law school to become a corporate lawyer. I also am excited to spend the summer with my friends before we all go our own way.

Bansari Patel - I will be attending the Rutgers Business School in New Brunswick to study Finance. I hope to work on Wall Street one day.

Kelsey Jacobsen - will be attending Fairleigh Dickinson University at their Florham Campus in Madison, NJ. I will be majoring in an accelerated Doctorate in Pharmacy program, where I will complete my bachelor's in chemistry, my master's in business, and receive my Doctorate in Pharmacy...all 3 degrees all in 7 years. I hope to work in a hospital setting treating patients and eventually open a family owned pharmacy.

PLANNERS

ESSENTIALS FOR SUCCESS

Alyssa Song, Vice President of Leadership

Do you have a planner in your possession? While you may think that you can remember everything you need to do, there are always some pesky tasks that we always forget. With the help of a planner, these problems are completely avoidable. Planners help you set priorities and manage your time wisely. Here are some tips and benefits of utilizing a personal planner.

1 Planners allow you to schedule your time wisely. Every high school student can relate to this situation: you wake up in the morning, thinking that you have all the time in the world to do your homework and your chores. Suddenly, you remember a doctor's appointment or an invitation you received to a friend's house. Now you've run out of time for your homework and chores. Keeping a planner will solve this problem because you are able to track all of your tasks, events, and deadlines.

2 Planners help you set goals. Often, planners have a space where you can write memos, goals, or interesting facts you learn throughout the week. Use this space to write short- or long-term goals to help you prioritize your tasks. If you have a big, hefty research paper that demands a lot of your time, put that on the top of your to-do list so you can allocate your time to the biggest tasks.

3 Planners are also a great way to alleviate stress. Sometimes we can get weighed down in small, everyday tasks. Planners are designated for you to write down your tasks into manageable pieces. When you feel stressed because of everything you have to do, write them all down in your planner. Once you have it on paper, you can accomplish the tasks one by one.

These are just a few of the many benefits that planners bring to students. If you are hesitant, buy a small planner and try it out! You will be surprised at the impact it will have on your day-to-day life.

PREPARING FOR COLLEGE

DEALS FOR DORM SUPPLIES

Nila Aravindan

For our graduating seniors this year, high school is coming to a close, and we turn our heads to look towards the next chapter in our lives. For many, it is college: the time to survive independently, build long-lasting relationships, and explore ourselves and the world. Here are a few tips to help prepare for college:

1. Your necessities should always outweigh your luxuries. There is no way that every single one of your prized possessions can make the journey from home to your new dorm. It's important to pack essentials first and then bring a few luxuries if they fit. Necessities include toiletries, storage, eating supplies, etc., and they should remain a top priority on your packing.

2. Create a list. Moving into your new campus is a massive step, which requires organization and planning. Separate your packing list into categories such as your clothes, stationary, toiletries, etc. Lists will also make sure nothing is lost during the frequent transfer of items from your home to your dorm.

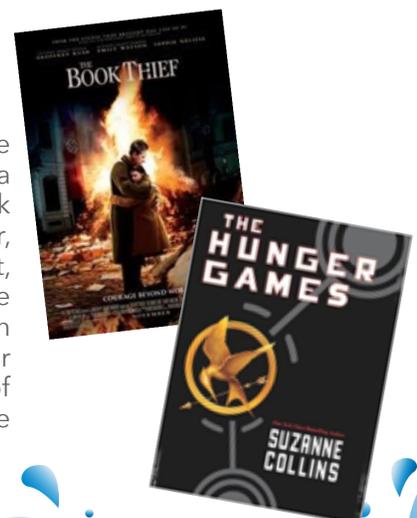
3. Polish your soft skills. The relationships forged during your first year in college will be extremely important, whether they are with a college advisor, professor, or peer; thus, it's crucial that you refine your soft skills--also known as people skills. Soft skills include attitude, networking, work ethic, and conflict resolution, many of which are skills that students hone as members of FCCLA.

4. GET INVOLVED. There are thousands of doors waiting to be opened right on campus, and college places you in an environment where you are completely free to make your own choices and explore your interests. College is what you make of it, and you are the one who wields the power to make your next four years of education prosperous and unforgettable.

BOOK REVIEWS

Samantha Matson, Vice President of Community Service

Books are a beautiful form of art and deserve more appreciation. With more free time in the summer, there is much more time to read. Reading in the summer is a beneficial and relaxing way to continue your learning. One great read is *The Book Thief* by Markus Zusak. It is a moving story about a young girl, Liesel Meminger, and her life in Nazi-controlled Germany. We see her grow up on Himmel Street, a name meaning "heaven," where she encounters a woman with a tough love attitude, a sweet, cigar smoking man, a boy with hair the color of lemons, a man saved because of an accordion, and many more. Or you can read the ever-popular *Harry Potter* or *Hunger Games* series, which are both full of adventure. Both of those series capture a spirit of rebellion. Whichever book you choose, just be sure to read something! It's a fun and relaxing way to help your mind grow!



SUMMER CLEANING TIPS

Rhea Jhamb, Vice President of Parliamentary Law

Summer is here! A good summer clean can help you avoid allergy symptoms and can make you feel much better. Summer cleaning is a great way to give your house a thorough clean and wash the spots you usually miss during daily cleanups! Take advantage of all your time at home with no homework to worry about by following these simple cleaning tips.

Pro Tip #1 - Clean your Microwave!

Fill a microwave-safe bowl with water and add a large pour of vinegar and a whole lemon in slices. Microwave that on high for 5 minutes, then leave the microwave door closed for 5 more minutes so everything can steam. Finally, remove the bowl and wipe the microwave clean with a dry paper towel.

Pro Tip #2 - Clean your faucets

Fill a Ziploc bag with vinegar, sprinkle in some baking soda, then secure that over your shower head or kitchen faucet with a rubber band. Wait 1-2 hours before removing. Enjoy your unclogged clean shower head/faucet!

Pro Tip #3 - Dust everything!

Cotton is a great fabric for trapping dust particles. Use an old pair of clean socks as dust mitts. This is environmentally and economically friendly!

Pro Tip #4 - Clean Household Items

The dishwasher is a great appliance to clean not only your dishes but also many other items! From sponges to plastic toys, the dishwasher is the perfect way to clean and save time while doing so. Cleaning a lot of items in one wash is also environmentally friendly because it save a lot of water.

Pro Tip #5 - Keep Your Vents Clean

Because of allergy season, it is crucial to clean all your air vents by vacuuming or dusting them. After cleaning your vents, apply some car wax. This prevents the dust from building up much faster and the air will pass through more easily.

Rhea Jhamb, Vice President of Parliamentary Law

Summer jobs are great for teenagers to learn crucial life-skills training. Summer jobs teach young adults money management skills and good work ethic. There are many ways you can find a job this summer!

While looking for jobs, you want to consider what type of work you would want to get involved in. Ask yourself some questions such as "Do I like working with children?" or "Do I mind staying in the sun all day?" It is also important to research any job opportunity that you may be considering. For example, if you are planning on working in retail, go to the store and see how the employees act. Some observations can be about their attire, their attitude, the social skills, and their overall performance.

Your next step would be to create a resume! Your resume should be brief and to the point. Make sure to include any volunteer work, co-curricular involvement, and any achievement that shows good work ethic. Good examples include any previous work experience or FCCLA accomplishments. Your resume is the first impression your employer has of you so make sure it is well written!

In order to give the best impression possible, make sure you rehearse your interview. Use the help of your peers to role-play what your interview could look like. For example, you should learn the dress code, research the company, and practice answering common interview questions. With these tips, you can land a great summer job that will give you practical skills and transferable experiences.

SUMMER COMMUNITY SERVICE IDEAS

Samantha Matson, Vice President of Community Service

Summer is a time for growth and renewal, and one great way to exhibit these characteristics is by giving back to your community. There are many community service efforts that are best done in the summer including these:

- 1. Planting trees.** Deforestation is a huge issue in our world today, but we have the power to help by planting more trees to replace the ones being cut down. This can be a great chapter service project where members can plant them in their local communities.
- 2. Building houses.** There are organizations such as Habitat for Humanity which work to build homes for people in need. See if there is a local opportunity for you to take part in an event like this during the summer.
- 3. Cleaning the parks or oceans.** Pollution is prevalent in our world, and it hurts animals and the environment. Take the initiative to clean your community's parks, rivers, lakes, or oceans with a local environmental agency.
- 4. Attending or organizing charity walks.** Organizing a walk is a big time commitment, but if you cannot do that, there are numerous walks in different locations for various charities. Find one that supports a cause you're passionate about and get involved!
- 5. Donate flower boxes.** Make planters with flowers in them and deliver them to different people in your community. They can be delivered to the elderly, police or fire stations, or others.

Whether you take part in projects like these by yourself, with your family, or your chapter, you will make a profound difference on your community!

HOW TO MAKE YOUR OWN MINI GARDEN



ACTIVITIES FOR SUMMER

Akshat Kulkarni, Committee Chair

Bansari Patel, First Vice President

Gardening may require a lot of time and care, but there are so many benefits to this sustainable practice. Whether your garden is a small patio planter, a backyard vegetable garden, or a plot in a community garden, creating your own mini garden is the first step in achieving a happy and healthy lifestyle. But the question that most people have is: "How can I get started?"

First, it is important to know that miniature gardens planted in a pot or other container are not meant for outside sun or rain. For small, indoor plants, it is better to use real small plants that do not grow more than 2 cm per year. These plants are easy to maintain over time without needing too much care besides regular watering.

For outdoor gardens, you should start by making efficient use of space. The location of your garden—the amount of sunlight it receives, proximity to a source of water, and protection from frost and wind—is important to consider when selecting the perfect place to plant.

The best way to maximize space in your garden is to convert from traditional row planting to 3- or 4-foot-wide raised beds. Single rows of crops—while they might be efficient on farms that use large machines for planting and harvesting—are often not the best way to plant a backyard vegetable garden. In a home-sized garden, the fewer rows you have, the fewer paths between rows you will need, and the more square-footage you will have available for growing crops.

Finally, keep record of your planting success and failures. Over time, this kind of careful observation will teach you more about growing vegetables than any single book or authority. That is because your notes will be based on your personal experience and will reflect what works best for the unique conditions of your own garden. Just like many other pursuits, remember that practice does make perfect!

Now that the daylight is longer and the chill in the air is gone, you may ask yourself, "What is there to do?" Make the most of your limited days of summer vacation by being productive and managing your time wisely. There are many different activities your family can do together from playing different sports to exploring the great outdoors, and even giving back to the community. A few sports that are family friendly and easy to learn include playing softball, soccer, or even mini golf. Simple games like these help your family stay active while also creating a strong relationship with each other. Additionally, outdoor activities like hiking, biking, fishing, or swimming will help connect you and your family to all of the nature that New Jersey has to offer. Indulging in activities like these will help your mind focus on things that you normally don't have time for during the school year. Finally, one of the best things to do if you're feeling bored is to give back to your local community. Summer time activities for the community include community clean-ups or growing different plants in a community garden. So, this summer, remember there are an endless number of activities for you and your family to engage in, you just have to take initiative and do them.

MOVIES TO WATCH NOW

Akshat Kulkarni, Committee Chair

Whether the weather outside is rainy or sunny, there's never a bad time to catch a movie. Especially this spring where record-breaking movies and movies that are remakes of previous ones are only a glimpse of everything the theater has to offer. Critics call Black Panther one of the best movies of all time with over 750 million dollars in sales already, 3 weeks after its release. This Marvel movie rated PG13, is action packed with suspense as well as thrill, and captures everything you'd want in a superhero movie. This movie had an inspiring message in today's world "to build bridges rather than build walls". Looking for something to watch with younger kids, then Peter Rabbit is the way to go. A movie that lasts only an hour long will keep the young kids entertained, while also incorporating a theme of being thankful for the opportunities you are given. Finally, another great movie to watch is Jumanji: Welcome to the Jungle. This movie features hilarious comedy, thrilling action and wonderful characters. A remake of the original movie, this movie is based on a video game in which the players are teleported in and must beat it to live. With over 920 million dollars in sale since its release this movie is sure to entertain everyone in the family. Additionally, another cheap and alternative way to watch movies is on online platforms.

THE BEST THING I EVER ATE...

Karishma Shenoy



The perfect combination of sweets and flavor can be found through the scrumptious treats sold at Georgetown Cupcakes in Soho, New York. Freshly baked and frosted, these delicious cupcakes are uniquely decorated for each flavor. As someone who usually enjoys more savory foods, I can honestly say these cupcakes changed my perspective. Georgetown Cupcakes offers an innovative spin on a classic cupcake! I first heard about these designer desserts from their show, DC Cupcakes, but it wasn't until I visited their shop in Soho that I realized how good they actually are. I had never tried a red velvet cake before because I was told that it wasn't anything special. When visited the shop, one of the employees suggested that I try it. The red velvet cupcake was so delicious and hadn't tasted like any other cupcake I've eaten. I loved the flavor of the cake itself, but the buttercream frosting made all the difference. If you are ever in the area, it is definitely a great place to go!

STRESS

THE WIDESPREAD EPIDEMIC AMONG HIGH SCHOOL STUDENTS

Alyssa Song, Vice President of Leadership

Every student can recall a certain time in school when they felt extremely stressed, maybe even distressed. Whether it was midterm exam season or a major test that your grade depended upon, every student has been there. An experience like this is probably the worst part of being a student. Not only is stress a serious detriment to our mental health, it takes a physical toll on us. Studies have shown that our immune systems weaken, and we are less able to focus and concentrate with stress.

Luckily, there are some solutions to help reduce stress. Not all of these solutions work for everyone, so you should find a method that works best for you.

Vent with ink and paper. Often, stress is not just caused by one, singular task or issue. Stress is a build-up of smaller issues that snowball into one, large burden. By writing all of these small tasks down, it clears up your priorities and enables you to tackle each problem individually, rather than all of it at once.

Find a comfort hobby, something that does not require much brainpower. Every person has a unique and special hobby that does not require much thinking. Drawing and doodling takes my mind off some of the looming tasks that stress me out. Coloring is also a great stress-reliever. Go outside for five to ten minutes to play a sport. Physical activity, such as yoga and breathing exercises, can temporarily alleviate stress.

Do not think about the future, but about the present. What does this mean exactly? Stress is not solely based on the tasks we need to accomplish, but also how people will perceive us and the consequences of our actions. For example, if there is a test coming up, chances are, the idea of failing this test and lowering your grade stresses you out more than the actual test itself. We are constantly worried about our future. While this can be helpful at times, it can also build unnecessary stress. Rather than focusing on the end result, focus on the now. If the test is coming up, focus on studying as hard as you can.

These three tips are effective and feasible to do as a student. Whenever you start feeling overwhelmed with stress, remember that you are not alone and there are many ways to solve this problem.

WAYS TO FIX SUMMER FEVER

Kiran Kumaranayakam, Vice President of Membership

During the summer, many students tend to lose their academic edge and check into summer break. Skip the phase and start the school year strong! Here are some tips:

Set goals - make some goals for the summer and the start of the school year.

Don't put off your responsibilities- don't procrastinate! Do what you need to do when you need to do it; start your summer reading. Look over your past notebooks to refresh your memory.

Adjust your attitude- Instead of dreading the start of the school year turn your attitude to look at being productive.

Take care of yourself- eat right, take some time to exercise and keep a healthy attitude

Get motivated- keep yourself going strong giving yourself awards for reading or watching the news for current events.

Don't let "summer fever" start to get the better of you. Create ways for you to improve yourself and be your best yourself. Try to be a responsible learner and continue to create a work environment that keeps you motivated and ready for the start of the school year.

FITNESS IN THE SUMMER

Saurabh Todkar

Fitness is a key component in a healthy person's life. Becoming a more active person can decrease your risk of many health issues, such as obesity, heart attack, stroke, Diabetes, and more. Staying active is how you become mentally and physically successful. Taking a walk every morning for 20 minutes or going to the gym regularly are terrific ways to improve your physical condition. Take the opportunity this summer to try new ways of becoming active, like learning a new sport or finding an accountability partner. By the end of the summer, you will see your results and feel healthier if you are willing to put in the work and are determined to make a positive change. It's always fun to change up your workouts daily or even weekly if you want so you never get tired or bored of doing the same thing. Having a physical end goal in mind helps you become more determined to achieve it. Remember to never give up, and know that you are working toward a more healthy lifestyle!

NO BAKE CHOCOLATE PEANUT BUTTER COOKIES

No Bake Cookies are super easy to make and ready in little time! These cookies are so sweet and rich that you'll want to double the batch and save yourself some time. Enjoy!

Total Time: 15 mins
Recipe type: Dessert, Gluten Free
Serves: 12

INGREDIENTS

- ½ stick (4 tbsp.) of unsalted butter
- 1 cup of granulated sugar
- 2 tbsp. unsweetened chocolate powder or cocoa powder if that is what you prefer
- ¼ cup of milk
- ½ cup of peanut butter
- 1 tsp. vanilla
- 1½ cups of old fashioned oats

DIRECTIONS

1. Preheat a medium sized pot on medium heat then add butter.
2. After your butter is completely melted you can add your milk, cocoa powder, sugar, vanilla and peanut butter. Stir until well incorporated. It will take a few minutes for the peanut butter to melt in with the rest of the ingredients.
3. Turn off the heat and then mix in oats to fully combine.
4. Drop the cookie batter by the spoonful onto a cookie sheet lined with parchment paper or a silicone mat and let them fully set. This can take at least 2 hours.
5. Number of cookies will vary depending on the size of the cookies you make but I can usually get 12-15 out of each batch.



CHERRY CHEESECAKE DIP

Smooth and sweet, this Cherry Cheesecake Dip is the perfect way to celebrate a special occasion! Whether it's a snack or dessert, add some cookies for dipping fun!

Serves: 8-10
Prep Time: 10 MINUTES
Cook Time: 5 MINUTES

INGREDIENTS

- 1/2 cup unsalted butter
- 1/2 cup light brown sugar, packed
- 1 package (8 oz) cream cheese, softened
- 1 cup powdered sugar
- 1 tsp vanilla extract
- 1 can (21 oz) cherry pie filling
- cookies, graham crackers, pretzels, for dipping

DIRECTIONS

1. In a small saucepan, melt butter over medium heat. Add brown sugar and whisk until dissolved. When mixture begins to bubble, remove from heat and cool. (about 15 minutes)
2. In a large mixing bowl, beat cream cheese with powdered sugar and vanilla until smooth (about 3-5 minutes). Add in cooled butter mixture and beat an additional 3 minutes.
3. Spread into the bottom of a pie plate. Pour cherry pie filling over the top. Refrigerate until ready to enjoy (may be made a day in advance). Serve with cookies and pretzels as dippers.



STRAWBERRY CHEESECAKE FROZEN YOGURT POPSICLES

A favorite indulgent dessert for a healthier, protein-packed, and fruit-filled frozen treat this summer.

Prep Time: 10 mins
Total Time: 6 hrs 10 mins
Serves: 4 - 6

INGREDIENTS

- 1 cup strawberries
- 1/2 cup plain or vanilla Greek yogurt
- 2 oz. cream cheese I used light
- 1/2 cup milk of choice can use regular or almond milk
- optional 1-2 Tablespoons honey or taste, depending on the sweetness of your strawberries and whether you used plain or vanilla Greek yogurt
- 1 teaspoon vanilla extract if you used plain Greek yogurt

DIRECTIONS

1. Combine all ingredients in a blender and puree until smooth.
2. Pour into popsicle molds or four to six paper or plastic cups.
3. Insert sticks and transfer to the freezer.
4. Freeze for 4-6 hours, or until firm.

