

4-H Food and Nutrition Project Lubbock County - Fall 2011

Dear 4-H Family,

What is a Food & Nutrition Project?

Your child is invited to participate in the 4-H Food and Nutrition Project. If they are not already participating in project meetings and are interested, please contact your club manager to find out when your club's project groups are meeting.

COUNTY-WIDE TOUR



A county-wide food and nutrition project tour is planned for Wednesday, October 12. Afternoon activities will include:

- | | |
|---------|---|
| 4:30 pm | Tour Sprouts Grocery Store, 82 nd and Quaker |
| 5:20 pm | Tour and fitness information at Cardinals Sports Center, Slide and South Loop |
| - 6 pm | |

All 4-H'ers and parents are invited to participate in the tour. Please RSVP to the Extension Office by noon on October 10 if you plan on participating. Parents are needed to assist with transporting 4-H'ers on the tour.

COUNTY 4-H COMMUNITY SERVICE

This year, we will have a county-wide community service in support of the food and nutrition project. We will be supporting the South Plains Food Bank with your canned food donations. If possible, please bring items to Ronda by October 7 to the County Extension Office to support "One Day 4-H;" items may also be brought to the County 4-H Food Show.

A "Project" is a series of meetings, led by a volunteer leader. At the meetings your child will be learning about food preparation, meal planning, food safety, nutrition and food buying. The "Project" may be conducted in a couple of sessions or all in one day. If your club does not currently have a project group meeting, you may form your own project group or project activities may be done on an individual basis. Please let me know if you have any questions or need assistance in coming up with project activities.

When participating, each child is asked to pay a fee, which covers the cost of expenses that project leaders have in conducting the project. Since 4-H'ers usually eat at these meetings, these costs are usually just barely enough to cover food. Please be prompt in paying these amounts, since the leaders are paying for it out of their own pockets and waiting to be reimbursed.

Food and Nutrition project resource packets for 4-H'ers to complete on their own are also available from the Extension Office.



COUNTY 4-H DAIRY WORKSHOP

On Monday, October 24 from 4:30 - 5:30 pm we will have a county-wide 4-H Dairy Foods Judging Workshop at the County Extension Office. District 2 will again have a Dairy Judging Contest. At our workshop, we will review the contest guidelines, taste the different milk's and cheese included in the contest and learn a little bit more about Dairy foods. Please RSVP by Monday, October 24 at noon, if you will be attending.

COUNTY FOOD SHOW

This is an optional activity, in which 4-H'ers prepare a food and participate in an interview with judges to demonstrate what they have learned through their project.

WHEN: Saturday, October 22
(Judging to begin at 1 pm)
Awards program held following completion of judging).

WHERE: Lubbock County Extension Office
916 Main, Suite 201,
Bank of America Building

If you have special circumstances for judging times, please contact Ronda as soon as possible so that we can make other arrangements.

COUNTY 4-H FOOD SHOW ENTRY REQUIREMENTS



Entry materials for the food show are due no later than 5:00 p.m. on Friday, October 14, to the County Extension Office.

Participants must turn in:

- recipe
- entry form (included with this letter)
- project form (required - may be downloaded from county website)

According to UIL rules for extracurricular activities, 4-H'ers must meet school eligibility requirements in order to participate in the food show or any competitive event. Entry forms (as well as examples) may be picked up from the Extension Office.

AGE DIVISIONS

Junior - 3rd grade or 9 years old as of August 31, 2011 and not 11 as of August 31.

Intermediate - 11 years old as of August 31, 2011, and not 14 as of August 31.

Senior - 14 years old as of August 31, 2011, and not 19 years old as of August 31.

Clover - age 5-8 (but not in 3rd grade); may participate, but do not advance to District.

SENIOR ENTRY CATEGORIES

Main Dish
Fruit & Vegetables
Bread & Cereal
Nutritious Snacks (no baking allowed)

Recipes must be able to be prepared within a continuous period of no more than four hours. Oven baking time of no more than 1 hour and 15 minutes is allowed only in the Main Dish, Fruit & Vegetables and Bread and Cereal categories. Only edible garnishes will be allowed. If you have questions about what type of food goes in which category, please call Ronda.

JUNIOR, INTERMEDIATE, and CLOVER ENTRY REQUIREMENTS

For Junior and Intermediate participants, the following allowances are made:

- oven baking allowed in all categories
- no time limit on food preparation

Otherwise, requirements are the same as for the Senior participants. Please refer to the "Participant Guide" for the Food Show, which is posted on the county website.



DISTRICT 4-H FOOD SHOW

4-H'ers placing first in their age division category at the County Food Show are eligible to compete in the District 4-H Food Show which will be held in Levelland On Saturday, November 5. For this competition 4-H'ers participate in the same process as at county. They prepare their dish ahead of time, take it with them to the Show, participate in an interview with judges and are then recognized for their participation in a formal awards ceremony.

First place winners in the senior age category will advance to the State 4-H Food Show which is held during State 4-H Roundup in June.

DISTRICT 4-H COMMUNITY SERVICE

You are invited to participate in the District 4-H Food Show community service by donating canned goods, or packages of snack pack individual food items with pop top lids such as fruits, meat products, puddings, etc. Items will be donated to the Ronald McDonald House. Please bring them with you to the District Food Show.



DISTRICT EDUCATIONAL EXHIBITS

All 4-H'ers are welcomed to prepare an educational exhibit related to Food and Nutrition to set up at the District Food Show. Participants must furnish their own table/easel. Please sign-up by October 25 if you plan of participating.



FOOD AND NUTRITION QUIZ BOWL

The Food and Nutrition Quiz Bowl is another opportunity available for 4-H'ers to get involved and learn about food and nutrition. Practices have been scheduled for the following days: October 5 - 4:30 - 5:45 pm at Lubbock Christian School (LCS - 26th and Dover); October 11 - 5-6 pm - County Extension Office; October 19 - 4:30 - 5:45 pm - LCS; October 26 - 4:30 - 5:45 pm - LCS; and November 2 - 4:30 - 5:45 pm - LCS. District will be held on November 5 in Levelland. Please contact Ronda by October 5, if you plan to participate in Nutrition Quiz Bowl.

The Quiz Bowl allows 4-H'ers to demonstrate their knowledge about food preparation, food safety, basic nutrition and health in a question format.

FOOD & NUTRITION PROJECT OBJECTIVES:

4-H'ers will:

- Select a wide variety of foods from the My Pyramid and follow the principles of the U.S. Dietary Guidelines
- Understand the principles of food and nutrition as they relate to health and appearance.
- Develop an understanding of the social and cultural aspects of food.
- Acquire and demonstrate skills in planning, purchasing, storing, preparing and serving tasty, attractive, nutritious and safe meals and snacks.
- Learn about vocational choices and career opportunities and preparation related to food and nutrition.



PROJECT RECORD FORMS

The Project Record Form is available from the County website; it is listed under Publications - 4-H - Lubbock County 4-H Project Form. This year, 4-H'ers are required to turn in their completed project form when they enter the food show. For those not competing in the Food Show, they may turn one in at the end of any 4-H project. This is an excellent way for 4-H'ers to begin developing their record-keeping skills. Completed forms are also used in compiling the 4-H Record Book.

What Can Parents Do?

Parents can assist in many ways. Contact your project leader or club manager and ask them if there is anything that can be done to assist. Also, be timely in taking and picking up your kids from project meetings. You will also need to assist your children in preparing their entries for the Food Show, if they choose to participate. Please give me a call or make an appointment to come in and visit with me if you have any questions.

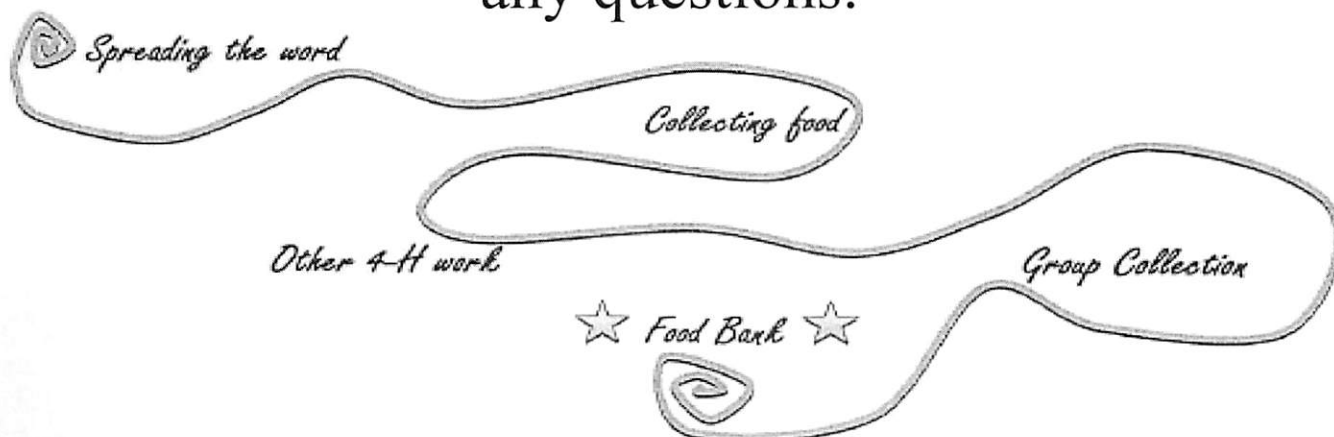
Sincerely,
Ronda Alexander
Ronda Alexander
CEA 4-H





Lubbock County 4-H is conducting a “*You Can Food Drive*” to benefit the South Plains Food Bank in support of *One Day 4-H*. Spread the word throughout your Clubs, Schools and neighborhoods to help supply the Food Bank with food to support families in need.

Bring your collected donations to our final *One Day 4-H* event at the South Plains Food Bank Farm (304 76th) on Saturday, October 8 at 9 am. Following our collection of items and group picture, we will work at the farm from 10 - 12 pm. Please let Ronda (775-1680) if you will be able to work at the farm or have any questions.



LUBBOCK COUNTY 4-H FOOD SHOW
ENTRY FORM

Name _____

Address _____

City, ZIP _____

Phone Number _____

School Name _____

Principal's Name _____

4-H Club _____

Date of Birth _____

Division Junior _____
 Intermediate _____
 Senior _____
 Clover Kids _____

Category:

 Main Dish _____

 Fruits & Vegetables _____

 Breads and Cereals _____

 Nutritious Snacks _____

Title of Recipe _____