



Project: Foods

Leader(s): Amy VanderHeide

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Description:

Foods rotates between themes every year. The theme for the 2019/20 4-H year is Meat and Alternatives.

During the course of the Foods Project we will meet at my house and prepare 6-9 recipes based on that theme. I try to keep meetings to an 1hr-1.5hr depending on the time required for the recipe that I plan. Often I will try to plan 2 recipes for one meeting so that we can make the most of the time we have for each meeting.

We will also discuss various methods of food preparation, food safety and safety in the kitchen.

If time allows before Joint Achievement Day, I try to put together a tour or plan a fun meal.

Estimated start of project : January

Project Requirements:

Completed Record

Recipe Binder

Number of recipes prepared – 6 (Jrs) 9(Srs)

Judging must be completed

1 food article for Joint Achievement Day submission

Cost to Members: None.

Project:

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Description:

Estimated start of project :

Project Requirements:

Cost to Members: