



Food/Nutrition

Gluten Free Cooking

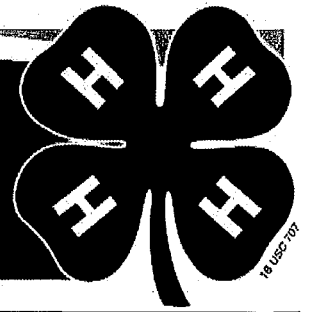


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This We Believe:

- The boy and girl are more important than the projects.
- The member should be their own best product.
- No award is worth sacrificing the reputation of a member or leader.
- Competition is a natural human trait and should be recognized as such. It should be given no more emphasis than other fundamentals.
- Learning how to do the project is more important than the project itself.
- Many things are caught rather than taught.
- A blue ribbon member with a red ribbon project is more desirable than a red ribbon member with a blue ribbon project.
- To learn by doing is fundamental in any sound educational program.
- Generally speaking, there is more than one good way of doing most things.
- Every member needs to be noticed, to feel important, to win, and to be praised.
- Our job is to teach members *how* to think, not what to think.



4-H FOOD AND NUTRITION PROJECT



In this project, youth learn about healthy eating by partnering with adults in the kitchen to plan and create meals and snacks. Youth can participate in a variety of 4-H food and nutrition projects including bread baking, meal planning, cultural cooking, healthy meals, outdoor cooking, cheese making and more.

- Use USDA's MyPlate to plan meals and make balanced food choices.
- Learn how to safely purchase, prepare and store food.
- Discover the health benefits associated with different foods.
- Explore the importance of nutrition as it relates to quality of life.

4-H THRIVE

Help youth:

Light Their Spark

A spark is something youth are passionate about; it really fires them up and gives them joy and energy. Help youth find what it is about food and nutrition that excites them.

Flex Their Brain

The brain grows stronger when we try new things and master new skills. Encourage youth effort and persistence to help them reach higher levels of success.

Reach Their Goals

Help youth use the GPS system to achieve their goals.

Goal Selection: Choose one meaningful, realistic and demanding goal.

Pursue Strategies: Create a step-by-step plan to make daily choices that support your goal.

Shift Gears: Change strategies if you're having difficulties reaching your goal. Seek help from others. What are youth going to do when things get in their way?

Reflect

Ask project members how they can use their passion for food and nutrition to be more confident, competent and caring. Discuss ways they can use their skills to make a contribution in the community, improve their character or establish connections.

Measuring Our Progress

Learning to Cook

Understanding Nutrition

- Learn how to use measuring equipment.
- Classify food into appropriate food groups.
- Make healthy snacks.
- Demonstrate how to safely use a sharp knife.
- Compare the costs of purchased and homemade foods.
- Learn how to keep the kitchen clean.
- Prepare a healthy breakfast and learn why breakfast is an important meal.

- Compare and contrast healthy and less healthy food choices.
- Create a grocery list based on a budget.
- Identify how to keep food safe through proper food preparation and storage.
- Learn how to use the "Nutrition Facts" labels.
- Prepare a balanced, healthy meal.
- Calculate the amount of sugar in popular beverages.
- Review fast-food menus and identify the healthiest options.

- Identify key nutrients and their health benefits.
- Understand the health risks caused by food contaminants.
- Analyze the caloric and nutritional value of foods and beverages.
- Plan, purchase and prepare a daily menu.
- Discuss the impact of nutrition on academic achievement, sports performance and appearance.
- Explore careers in the food industry.

The activities above are ideas to inspire further project development. This is not a complete list.

Light Your Spark

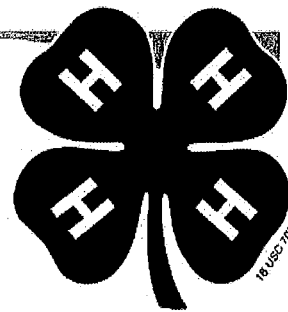
Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

Reach Your Goals



Expand Your Experiences!

Healthy Living

- Design and create an exhibit featuring a nutrition topic for a health fair or community event.
- Create a portfolio of youth favorite recipes and their nutritional value.
- Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how youth eat or exercise.

Science, Engineering, and Technology

- Experiment with different recipes, modify recipes to reduce the fat, sugar or sodium content.
- Research different types of microbes commonly found in and around foods.
- Experiment with yeast to discover how microbes multiply.
- Compare different types of food measurements, such as weight and volume.

Citizenship

- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.
- Sponsor a walk-a-thon and raise funds for a local health need.
- Work with your county health department on a local health issue, such as childhood obesity.

Leadership

- Plan and help prepare a healthy snack for a community club meeting.
- Suggest nutrition guidelines that will help your family eat healthier.
- Become a role model for others by taking the position of junior/teen leader.

- Fantastic Foods
www.four-h.purdue.edu/foods
- Fight BAC
www.fightbac.org
- California Beef Council
www.teachfree.com
- Producepedia
www.producepedia.com
- Harvest of the Month
www.harvestofthemonth.com
- Spend Smart, Eat Smart
www.extension.iastate.edu/foodsavings
- Agriculture in the Classroom
www.LearnAboutAg.org
- USDA MyPlate
www.myplate.gov
- Money Talks
moneytalks4teens.ucdavis.edu
- Making Every Dollar Count
makingeverydollarcount.ucr.edu
- USDA Center for Nutrition
www.cnpp.usda.gov
- Kids a Cookin'
www.kidsacookin.org
- The Scrub Club
www.scrubclub.org
- Fruit and Veggies Matter
www.fruitsandveggiesmatter.gov
- Recipes for Healthy Kids
www.recipesforkidschallenge.com

Connections & Events

Curriculum

4-H Record Book

Presentation Days – Share what you've learned with others through a food and nutrition-related presentation.

Field Days – During these events, 4-H members may participate in a variety of contests related to their project area.

Contact your county 4-H office to determine additional opportunities available, such as favorite foods day, a food fiesta, or nutrition and consumer science field day.

- Jump Into Food and Fitness - web.amsu.edu/4h/
- Healthfulicious Cooking - anrcatalog.ucdavis.edu/Items/3450.aspx
- Up for the Challenge: Lifetime Fitness, Healthy Decisions - www.4-h.org/partnerships/07/
- Consumer Savvy - neta.4-h.org/culmore/projects/consumer
- Eat It - eatit.net
- Fantastic Foods - www.4-h.org/Catalog/07/horticulture/foods.aspx

4-H Record Books give members an opportunity to record events and reflect on their experiences. For each project, members document their personal experiences, learning and development.

4-H Record Books also teach members record management skills and encourage them to set goals and develop a plan to meet those goals.

To access the 4-H Record Book online, visit www.earth.org/4-hbook.

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University of California Agriculture and Natural Resources

Light Your Spark

Flex Your Brain

Reach Your Goals

Light Your Spark

Flex Your Brain

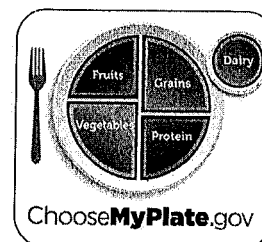
Reach Your Goals

10 tips

Nutrition
Education Series

build a healthy meal

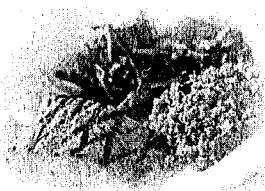
10 tips for healthy meals



A healthy meal starts with more vegetables and fruits and smaller portions of protein and grains. Think about how you can adjust the portions on your plate to get more of what you need without too many calories. And don't forget dairy—make it the beverage with your meal or add fat-free or low-fat dairy products to your plate.

1 make half your plate veggies and fruits
Vegetables and fruits are full of nutrients and may help to promote good health. Choose red, orange, and dark-green vegetables such as tomatoes, sweet potatoes, and broccoli.

2 add lean protein
Choose protein foods, such as lean beef and pork, or chicken, turkey, beans, or tofu. Twice a week, make seafood the protein on your plate.



3 include whole grains
Aim to make at least half your grains whole grains. Look for the words "100% whole grain" or "100% whole wheat" on the food label. Whole grains provide more nutrients, like fiber, than refined grains.

4 don't forget the dairy
Pair your meal with a cup of fat-free or low-fat milk. They provide the same amount of calcium and other essential nutrients as whole milk, but less fat and calories. Don't drink milk? Try soy milk (soy beverage) as your beverage or include fat-free or low-fat yogurt in your meal.



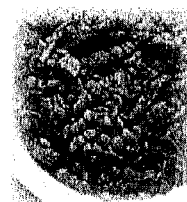
5 avoid extra fat
Using heavy gravies or sauces will add fat and calories to otherwise healthy choices. For example, steamed broccoli is great, but avoid topping it with cheese sauce. Try other options, like a sprinkling of low-fat parmesan cheese or a squeeze of lemon.

6 take your time
Savor your food. Eat slowly, enjoy the taste and textures, and pay attention to how you feel. Be mindful. Eating very quickly may cause you to eat too much.

7 use a smaller plate
Use a smaller plate at meals to help with portion control. That way you can finish your entire plate and feel satisfied without overeating.

8 take control of your food
Eat at home more often so you know exactly what you are eating. If you eat out, check and compare the nutrition information. Choose healthier options such as baked instead of fried.

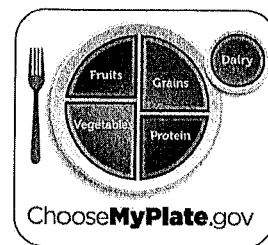
9 try new foods
Keep it interesting by picking out new foods you've never tried before, like mango, lentils, or kale. You may find a new favorite! Trade fun and tasty recipes with friends or find them online.



10 satisfy your sweet tooth in a healthy way
Indulge in a naturally sweet dessert dish—fruit! Serve a fresh fruit cocktail or a fruit parfait made with yogurt. For a hot dessert, bake apples and top with cinnamon.

kid-friendly veggies and fruits

10 tips for making healthy foods more fun for children



Encourage children to eat vegetables and fruits by making it fun. Provide healthy ingredients and let kids help with preparation, based on their age and skills. Kids may try foods they avoided in the past if they helped make them.

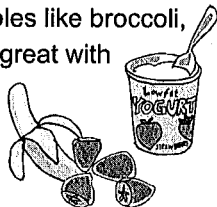
1 smoothie creations

Blend fat-free or low-fat yogurt or milk with fruit pieces and crushed ice. Use fresh, frozen, canned, and even overripe fruits. Try bananas, berries, peaches, and/or pineapple. If you freeze the fruit first, you can even skip the ice!



2 delicious dippers

Kids love to dip their foods. Whip up a quick dip for veggies with yogurt and seasonings such as herbs or garlic. Serve with raw vegetables like broccoli, carrots, or cauliflower. Fruit chunks go great with a yogurt and cinnamon or vanilla dip.



3 caterpillar kabobs

Assemble chunks of melon, apple, orange, and pear on skewers for a fruity kabob. For a raw veggie version, use vegetables like zucchini, cucumber, squash, sweet peppers, or tomatoes.

4 personalized pizzas

Set up a pizza-making station in the kitchen. Use whole-wheat English muffins, bagels, or pita bread as the crust. Have tomato sauce, low-fat cheese, and cut-up vegetables or fruits for toppings. Let kids choose their own favorites. Then pop the pizzas into the oven to warm.

5 fruity peanut butterfly

Start with carrot sticks or celery for the body. Attach wings made of thinly sliced apples with peanut butter and decorate with halved grapes or dried fruit.

6 frosty fruits

Frozen treats are bound to be popular in the warm months. Just put fresh fruits such as melon chunks in the freezer (rinse first). Make "popsicles" by inserting sticks into peeled bananas and freezing.

7 bugs on a log

Use celery, cucumber, or carrot sticks as the log and add peanut butter. Top with dried fruit such as raisins, cranberries, or cherries, depending on what bugs you want!

8 homemade trail mix

Skip the pre-made trail mix and make your own. Use your favorite nuts and dried fruits, such as unsalted peanuts, cashews, walnuts, or sunflower seeds mixed with dried apples, pineapple, cherries, apricots, or raisins. Add whole-grain cereals to the mix, too.



9 potato person

Decorate half a baked potato. Use sliced cherry tomatoes, peas, and low-fat cheese on the potato to make a funny face.

10 put kids in charge

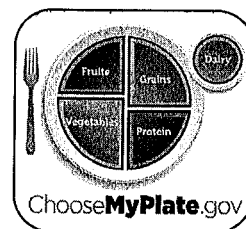
Ask your child to name new veggie or fruit creations. Let them arrange raw veggies or fruits into a fun shape or design.



**10
tips**
Nutrition
Education Series

make better beverage choices

10 tips to get started



What you drink is as important as what you eat. Many beverages contain added sugars and offer little or no nutrients, while others may provide nutrients but too much fat and too many calories. Here are some tips to help you make better beverage choices.

1 drink water

Drink water instead of sugary drinks when you're thirsty. Regular soda, energy or sports drinks, and other sweet drinks usually contain a lot of added sugar, which provides more calories than needed. To maintain a healthy weight, sip water or other drinks with few or no calories.



2 how much water is enough?

Let your thirst be your guide. Water is an important nutrient for the body, but everyone's needs are different. Most of us get enough water from the foods we eat and the beverages we drink. A healthy body can balance water needs throughout the day. Drink plenty of water if you are very active, live or work in hot conditions, or are an older adult.

3 a thrifty option

Water is usually easy on the wallet. You can save money by drinking water from the tap at home or when eating out.

4 manage your calories

Drink water with and between your meals. Adults and children take in about 400 calories per day as beverages—drinking water can help you manage your calories.

5 kid-friendly drink zone

Make water, low-fat or fat-free milk, or 100% juice an easy option in your home. Have ready-to-go containers filled with water or healthy drinks available in the refrigerator. Place them in lunch boxes or backpacks for easy access when kids are away from home. Depending on age, children can drink ½ to 1 cup, and adults can drink up to 1 cup of 100% fruit or vegetable juice* each day.



6 don't forget your dairy**

When you choose milk or milk alternatives, select low-fat or fat-free milk or fortified soymilk. Each type of milk offers the same key nutrients such as calcium, vitamin D, and potassium, but the number of calories are very different. Older children, teens, and adults need 3 cups of milk per day, while children 4 to 8 years old need 2½ cups and children 2 to 3 years old need 2 cups.

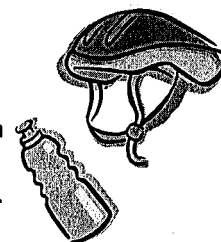


7 enjoy your beverage

When water just won't do—enjoy the beverage of your choice, but just cut back. Remember to check the serving size and the number of servings in the can, bottle, or container to stay within calorie needs. Select smaller cans, cups, or glasses instead of large or supersized options.

8 water on the go

Water is always convenient. Fill a clean, reusable water bottle and toss it in your bag or brief case to quench your thirst throughout the day. Reusable bottles are also easy on the environment.



9 check the facts

Use the Nutrition Facts label to choose beverages at the grocery store. The label contains information about total sugars, fats, and calories to help you make better choices.

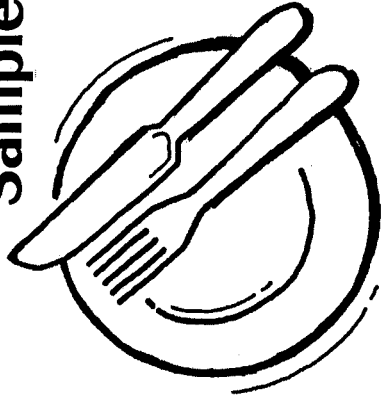
10 compare what you drink

Food-A-Pedia, an online feature available at ChooseMyPlate.gov/SuperTracker, can help you compare calories, added sugars, and fats in your favorite beverages.

*100% juice is part of the Fruit or Vegetable Group. Juice should make up half or less of total recommended fruit or vegetable intake.

** Milk is a part of the Dairy Group. A cup = 1 cup of milk or yogurt, 1½ ounces of natural cheese, or 2 ounces of processed cheese.

Sample Menus for a 2000 Calorie Food Pattern



Use this 7-day menu as a motivational tool to help put a healthy eating pattern into practice, and to identify creative new ideas for healthy meals. Averaged over a week, this menu provides the recommended amounts of key nutrients and foods from each food group. The menus feature a large number of different foods to inspire ideas for adding variety to food choices. They are not intended to be followed day-by-day as a specific prescription for what to eat.

Spices and herbs can be used to taste. Try spices such as chili powder, cinnamon, cumin, curry powder, ginger, nutmeg, mustard, garlic powder, onion powder, or pepper. Try fresh or dried herbs such as basil, parsley, cilantro, chives, dill, mint, oregano, rosemary, thyme, or tarragon. Also try salt-free spice or herb blends.

While this 7-day menu provides the recommended amounts of foods and key nutrients, it does so at a moderate cost. Based on national average food costs, adjusted for inflation to March 2011 prices, the cost of this menu is less than the average amount spent for food, per person, in a 4-person family.

DAY 1	DAY 2	DAY 3
BREAKFAST Creamy oatmeal (cooked in milk): ½ cup uncooked oatmeal 1 cup fat-free milk 2 Tbsp raisins 2 tsp brown sugar Beverage: 1 cup orange juice LUNCH Taco salad: 2 ounces tortilla chips 2 ounces cooked ground turkey 2 tsp corn/canola oil (to cook turkey) ¼ cup kidney beans* ½ ounce low-fat cheddar cheese ½ cup chopped lettuce ½ cup avocado 1 tsp lime juice (on avocado) 2 Tbsp salsa Beverage: 1 cup water, coffee, or tea**	BREAKFAST Breakfast burrito: 1 flour tortilla (8" diameter) 1 scrambled egg ½ cup black beans* 2 Tbsp salsa ½ large grapefruit Beverage: 1 cup water, coffee, or tea** LUNCH Roast beef sandwich: 1 small whole grain hoagie bun 2 ounces lean roast beef 1 slice part-skim mozzarella cheese 2 slices tomato ¼ cup mushrooms 1 tsp corn/canola oil (to cook mushrooms) 1 tsp mustard Baked potato wedges: 1 cup potato wedges 1 tsp corn/canola oil (to cook potato) 1 Tbsp ketchup Beverage: 1 cup fat-free milk DINNER Baked salmon on beet greens: 4 ounce salmon filet 1 tsp olive oil 2 tsp lemon juice ½ cup cooked beet greens (sautéed in 2 tsp corn/canola oil) Quinoa with almonds: ½ cup quinoa ½ ounce slivered almonds Beverage: 1 cup fat-free milk SNACKS 1 cup cantaloupe balls	BREAKFAST Cold cereal: 1 cup ready-to-eat oat cereal 1 medium banana ½ cup fat-free milk 1 slice whole wheat toast 1 tsp tub margarine Beverage: 1 cup prune juice LUNCH Tuna salad sandwich: 2 slices rye bread 2 ounces tuna 1 Tbsp mayonnaise 1 Tbsp chopped celery ½ cup shredded lettuce 1 medium peach Beverage: 1 cup fat-free milk DINNER Roasted chicken: 3 ounces cooked chicken breast 1 large sweet potato, roasted ½ cup succotash (limas & corn) 1 tsp tub margarine 1 ounce whole wheat roll 1 tsp tub margarine Beverage: 1 cup water, coffee, or tea** SNACKS ¼ cup dried apricots 1 cup flavored yogurt (chocolate)

Sample Menus for a 2000 Calorie Food Pattern (cont'd)

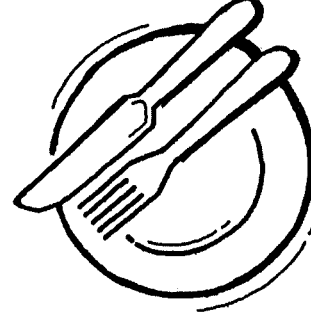
DAY 4	DAY 5	DAY 6	DAY 7
BREAKFAST 1 whole wheat English muffin 1 Tbsp all-fruit preserves 1 hard-cooked egg Beverage: 1 cup water, coffee, or tea** LUNCH White bean-vegetable soup: 1 ½ cup chunky vegetable soup with pasta ½ cup white beans* 6 saltine crackers* ½ cup celery sticks Beverage: 1 cup fat-free milk DINNER Rigatoni with meat sauce: 1 cup rigatoni pasta (2 oz dry) 2 ounces cooked ground beef (95% lean) 2 tsp corn/canola oil (to cook beef) ½ cup tomato sauce* 3 Tbsp grated parmesan cheese Spinach salad: 1 cup raw spinach leaves ½ cup tangerine sections ½ ounce chopped walnuts 4 tsp oil and vinegar dressing Beverage: 1 cup water, coffee, or tea** SNACKS 1 cup nonfat fruit yogurt	BREAKFAST Cold cereal: 1 cup shredded wheat ½ cup sliced banana ½ cup fat-free milk 1 slice whole wheat toast 2 tsp all-fruit preserves Beverage: 1 cup fat-free chocolate milk LUNCH Turkey sandwich: 1 whole wheat pita bread (2 oz) 3 ounces roasted turkey, sliced 2 slices tomato ¼ cup shredded lettuce 1 tsp mustard 1 Tbsp mayonnaise ½ cup grapes Beverage: 1 cup tomato juice* DINNER Steak and potatoes: 4 ounces broiled beef steak ⅔ cup mashed potatoes made with milk and 2 tsp tub margarine ½ cup cooked green beans 1 tsp tub margarine 1 tsp honey 1 ounce whole wheat roll 1 tsp tub margarine Frozen yogurt and berries: ½ cup frozen yogurt (chocolate) ¼ cup sliced strawberries Beverage: 1 cup fat-free milk SNACKS 1 cup frozen yogurt (chocolate)	BREAKFAST French toast: 2 slices whole wheat bread 3 Tbsp fat-free milk and ⅔ egg (in French toast) 2 tsp tub margarine 1 Tbsp pancake syrup ½ large grapefruit Beverage: 1 cup fat-free milk LUNCH 3-bean vegetarian chili on baked potato: ¼ cup each cooked kidney beans,* navy beans,* and black beans* ½ cup tomato sauce* ¼ cup chopped onion 2 Tbsp chopped jalapeno peppers 1 tsp corn/canola oil (to cook onion and peppers) ¼ cup cheese sauce 1 large baked potato ½ cup cantaloupe Beverage: 1 cup water, coffee, or tea** DINNER Hawaiian pizza 2 slices cheese pizza, thin crust 1 ounce lean ham ¼ cup pineapple ¼ cup mushrooms 1 tsp safflower oil (to cook mushrooms) Green salad: 1 cup mixed salad greens 4 tsp oil and vinegar dressing Beverage: 1 cup fat-free milk SNACKS 3 Tbsp hummus 5 whole wheat crackers*	BREAKFAST Buckwheat pancakes with berries: 2 large (7") pancakes 1 Tbsp pancake syrup ¼ cup sliced strawberries Beverage: 1 cup orange juice LUNCH New England clam chowder: 3 ounces canned clams ½ small potato 2 Tbsp chopped onion 2 Tbsp chopped celery 6 Tbsp evaporated milk ¼ cup fat-free milk 1 slice bacon 1 Tbsp white flour 10 whole wheat crackers* 1 medium orange Beverage: 1 cup fat-free milk DINNER Tofu-vegetable stir-fry: 4 ounces firm tofu ½ cup chopped Chinese cabbage ¼ cup sliced bamboo shoots 2 Tbsp chopped sweet red peppers 2 Tbsp chopped green peppers 1 Tbsp corn/canola oil (to cook stir-fry) 1 cup cooked brown rice (2 ounces raw) Honeydew yogurt cup: ¾ cup honeydew melon ½ cup plain fat-free yogurt Beverage: 1 cup water, coffee, or tea** SNACKS 1 large banana spread with 2 Tbsp peanut butter* 1 cup nonfat fruit yogurt

Notes:

*Foods that are reduced sodium, low sodium, or no-salt added products. These foods can also be prepared from scratch with no added salt. All other foods are regular commercial products, which contain variable levels of sodium. Average sodium level of the 7-day menu assumes that no salt is added in cooking or at the table.

**Unless indicated, all beverages are unsweetened and without added cream or whitener.

Italicized foods are part of the dish or food that precedes it.



Sample Menus for a 2000 Calorie Food Pattern (cont'd)

Average amounts for weekly menu:

Food group	Daily average over 1 week
GRAINS	6.2 oz eq
Whole grains	3.8
Refined grains	2.4
VEGETABLES	2.6 cups
Vegetable subgroups (amount per week)	
Dark green	1.6 cups per week
Red/Orange	5.6
Starchy	5.1
Beans and Peas	1.6
Other Vegetables	4.1
FRUITS	2.1 cups
DAIRY	3.1 cups
PROTEIN FOODS	5.7 oz eq
Seafood	8.8 oz per week
OILS	29 grams
CALORIES FROM ADDED FATS AND SUGARS	245 calories

Nutrient	Daily average over 1 week
Calories	1975
Protein	96 g
Protein	19% kcal
Carbohydrate	275 g
Carbohydrate	56% kcal
Total fat	59 g
Total fat	27% kcal
Saturated fat	13.2 g
Saturated fat	6.0% kcal
Monounsaturated fat	25 g
Polyunsaturated fat	16 g
Linoleic Acid	13 g
Alpha-linolenic Acid	1.8 g
Cholesterol	201 mg
Total dietary fiber	30 g
Potassium	4701 mg
Sodium	1810 mg
Calcium	1436 mg
Magnesium	468 mg
Copper	2.0 mg
Iron	18 mg
Phosphorus	1885 mg
Zinc	14 mg
Thiamin	1.6 mg
Riboflavin	2.5 mg
Niacin Equivalents	24 mg
Vitamin B6	2.4 mg
Vitamin B12	12.3 mcg
Vitamin C	146 mg
Vitamin E	11.8 mg (AI)
Vitamin D	9.1 mcg
Vitamin A	1090 mcg (RAE)
Dietary Folate Equivalents	530 mcg
Choline	386 mg



SAMPLE 2-WEEK MENUS

	DAY 1	DAY 2	DAY 3	DAY 4
BREAKFAST	Peanut Butter Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp peanut butter ¼ cup raisins Beverage: 1 cup orange juice	Cereal with Fruit: 1 cup toasted oat cereal 1 medium banana ¼ cup lowfat milk 1 hard-cooked egg Beverage: Water, coffee, tea	Scrambled Eggs: 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 2 turkey sausage links 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly Beverage: 1 cup apple juice	Banana Walnut Oatmeal 1 large orange Beverage: 1 cup lowfat milk
LUNCH	Tuna-Cucumber Wrap: 1 8" flour tortilla 3 oz tuna (canned in water) 2 Tbsp mayonnaise 5 cucumber sticks ¼ cup lowfat vanilla yogurt Beverage: 1 cup lowfat milk	Green Salad with Honey Lemon Chicken: 1 cup romaine lettuce 3 oz sliced Honey Lemon Chicken* 3 slices tomato 5 slices cucumber 2 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* Side Salad: 1 cup romaine lettuce 3 medium slices tomato 5 slices cucumber 1 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk	Green Salad with Tuna: 1 cup romaine lettuce 3 oz tuna (canned in water) ¼ cup sliced carrots 2 Tbsp vinaigrette dressing** 1 slices whole-wheat bread 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk
DINNER	Honey Lemon Chicken* Brown Rice Pilaf 1 cup peas and corn: ½ cup corn (frozen) ½ cup green peas (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	One Pan Spaghetti* (includes ground beef and tomato sauce) ½ cup steamed broccoli (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Shake-A-Pudding* Beverage: 1 cup lowfat milk	Polenta with Pepper and Cheese (includes black or kidney beans) 1 cup cooked green beans (frozen) 1 tsp tub margarine 1 Chocolate Chip Yogurt Cookie* Beverage: 1 cup lowfat milk	Marinated Beef Mashed potatoes: 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine 1 cup mixed vegetables (frozen) 1 tsp tub margarine Beverage: Water, coffee, tea
SNACKS	Carrot Sticks with Dip: ½ cup carrot sticks 2 Tbsp hummus 6 whole-grain crackers	Popcorn (3 cups popped) 2 Tbsp kernels 1 tsp vegetable oil 1 large orange	Pretzels and Dip ½ cup pretzels 1 Tbsp hummus 1 medium banana	Banana Bread* ½ tsp tub margarine 1 cup grapes



SAMPLE 2-WEEK MENUS

	DAY 5	DAY 6	DAY 7	DAY 8
BREAKFAST	Open-faced Egg and Tomato on an English Muffin 2 eggs, fried in 1 tsp oil 1 English muffin, toasted 2 medium slices tomato ¼ cup cheddar cheese, shredded Beverage: 1 cup apple juice	Scrambled Tofu Burrito 1 serving Scrambled Tofu 1 8" flour tortilla ¼ cup black beans (canned) 2 Tbsp salsa Beverage: 1 cup lowfat milk	Fantastic French Toast 1 Tbsp pancake syrup 1 tsp tub margarine Dash of cinnamon (optional) 1 medium banana Beverage: 1 cup orange juice	Raisin Oatmeal: 1 cup cooked oatmeal 1 Tbsp raisins 1 medium banana 1 Tbsp peanut butter Beverage: 1 cup lowfat milk
LUNCH	Peanut Butter and Banana Sandwich: 2 slices whole-wheat bread 2 Tbsp peanut butter 1 medium banana ½ cup celery sticks Beverage: 1 cup lowfat milk	Crunchy Chicken Salad Sandwich: 2 slices whole-wheat bread ¾ cup Crunchy Chicken Salad 1 romaine lettuce leaf ½ cup carrot sticks 1 Tbsp Ranch dressing 1 large orange Beverage: 1 cup lowfat milk	Lentil Stew* 1 cup brown rice 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk	Tuna Sandwich: 2 slices whole-wheat bread 3 oz tuna (canned in water) 2 Tbsp mayonnaise 2 medium slices tomato 1 romaine lettuce leaf 10 cucumber slices 1 Tbsp Ranch dressing Beverage: 1 cup lowfat milk
DINNER	Mouth-Watering Oven-Fried Fish Couscous with Peas and Onions 1 cup green beans (frozen) 1 white roll 1 tsp tub margarine Beverage: Water, coffee, tea	Lentil Stew* 1 cup brown rice ½ cup broccoli (frozen) ½ tsp tub margarine ½ cup canned pears Beverage: Water, coffee, tea	Pan-fried Pork Chop (5 oz raw chop with bone) 1 medium baked potato 2 Tbsp salsa Cabbage slaw ½ cup shredded green cabbage 1 Tbsp vinaigrette dressing** Beverage: 1 cup apple juice	Red Hot Fusilli Pasta 2 Tbsp shredded Parmesan cheese ½ cup green peas (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Apple Cinnamon Bar* Beverage: Water, coffee, tea
SNACKS	Banana Bread* ½ tsp tub margarine 1 cup lowfat milk	Yogurt Parfait: ¾ cup lowfat vanilla yogurt ¼ cup toasted oat cereal 1 Tbsp chopped nuts 1 Tbsp raisins	Banana Bread* ½ tsp tub margarine 1 cup lowfat milk	1 large orange 2 graham crackers 1 cup lowfat milk



SAMPLE 2-WEEK MENUS

	DAY 9	DAY 10	DAY 11	DAY 12
BREAKFAST	Sausage Omelet: 2 eggs 2 Tbsp lowfat milk 1 tsp vegetable oil 1 turkey sausage link, diced ½ cup cheddar cheese, shredded ½ cup hash brown potatoes (frozen) Cooked in 1 tsp vegetable oil Beverage: 1 cup orange juice	Cold Cereal: 1 cup toasted oat cereal 1 medium banana ¾ cup lowfat milk 1 slice whole-wheat toast 1 Tbsp peanut butter Beverage: Water, coffee, tea	Breakfast Burrito with Salsa 1 slice whole-wheat toast ½ tsp tub margarine 1 tsp jelly Beverage: 1 cup apple juice	1 cup toasted oat cereal ¾ cup lowfat milk Scrambled Egg with Salsa: 1 egg 1 Tbsp lowfat milk ½ tsp vegetable oil 1 Tbsp salsa Beverage: 1 cup apple juice
LUNCH	Peanut Butter and Jelly Sandwich: 2 slices whole-wheat bread 2 Tbsp peanut butter 2 tsp jelly 1 cup sliced apple ½ cup carrot sticks 1 Tbsp Ranch dressing Beverage: 1 cup lowfat milk	Green Salad with Salmon: 1 cup romaine lettuce 3 oz salmon (canned) 2 medium slices tomato 4 slices cucumber 2 Tbsp vinaigrette dressing** 6 whole-grain crackers Beverage: 1 cup lowfat milk	Roast Beef Sandwich: 2 slices whole-wheat bread 2 oz lean roast beef (deli meat) 2 slices tomato 1 romaine lettuce leaf 1 Tbsp mayonnaise ½ cup carrot sticks 1 cup sliced apple 1 Tbsp peanut butter Beverage: Water, coffee, tea	White Chili* Side Salad: ¾ cup romaine lettuce ¼ cup chopped carrot 1 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk
DINNER	Quick Tuna Casserole ½ cup green beans (frozen) ½ tsp tub margarine 1 white roll 1 tsp tub margarine Apple Cinnamon Bar* Beverage: Water, coffee, tea	Honey Mustard Pork Chops 1 medium baked potato 1 tsp tub margarine ½ cup shredded green cabbage Sautéed in ½ tsp vegetable oil 1 white roll 1 tsp tub margarine 2 Applesauce Cookies* Beverage: Water, coffee, tea	White Chili* Herbed Vegetables 1 small sweet potato, baked ½ tsp tub margarine ½ cup chocolate pudding (prepared from a dry mix) Beverage: 1 cup lowfat milk	Misickquatash (Indian Succotash with ground beef) Mashed potatoes: 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk
SNACKS	Peanut Butter on Banana: 1 medium banana 1 Tbsp peanut butter 1 cup lowfat milk	2 graham crackers 1 cup lowfat milk	Apple Cinnamon Bar* 1 cup lowfat milk	2 Applesauce Cookies* ½ cup canned pineapple chunks



SAMPLE 2-WEEK MENUS

	DAY 13	DAY 14
BREAKFAST	Banana Walnut Oatmeal 1 hard-boiled egg Beverage: 1 cup orange juice	Perfect Pumpkin Pancakes 2 Tbsp pancake syrup 1 turkey sausage link 1 medium banana Beverage: 1 cup apple juice
LUNCH	Tofu Salad Sandwich: 2 slices whole-wheat bread ¾ cup Tofu Salad 2 slices tomato 1 romaine lettuce leaf ½ cup carrot sticks 1 Tbsp Ranch dressing Apple Cinnamon Bar* Beverage: 1 cup lowfat milk	Easy Red Beans and Rice* ¾ cup cheddar cheese, shredded Side Salad: ¾ cup romaine lettuce 4 slices cucumber ¾ cup chopped carrot 1 Tbsp vinaigrette dressing** 1 slice whole-wheat bread ½ tsp tub margarine Beverage: 1 cup lowfat milk
DINNER	Easy Red Beans and Rice* ¾ cup cheddar cheese, shredded Lemon Spinach 1 large orange Beverage: 1 cup lowfat milk	Manly Muffin Meatloaf Mashed potatoes: 1 cup cooked potatoes 1 Tbsp lowfat milk 2 tsp tub margarine ½ cup green peas (frozen) ½ tsp tub margarine Beverage: 1 cup lowfat milk
SNACKS	Yogurt Parfait: ¾ cup lowfat vanilla yogurt ¼ cup toasted oat cereal 1 Tbsp chopped nuts 1 Tbsp raisins	Popcorn (3 cups popped) 2 Tbsp kernels 1 tsp vegetable oil Yogurt Pop

* Bolded recipes are from the SNAP-Ed Recipe Finder, and those with a star make 8 or more servings. These recipes are used two or more times in these menus. Prepare the entire recipe on the first day it appears and eat the remaining portions as noted on the following days.

**Homemade vinaigrette salad dressing. To make about 4 Tbsp of the dressing, mix:

- 3 Tbsp vegetable oil (canola, olive, soybean, etc.)
- 1 Tbsp vinegar (cider, wine, or balsamic)
- ¼ tsp mustard (yellow, Dijon, or brown)
- ¼ tsp sugar

Optional: black pepper, dried herbs to taste

Notes:

- Italicized foods are part of the dish or food that precedes it.
- Unless indicated, all beverages are unsweetened.
- To keep sodium amounts within recommended limit, use salt only as specified in recipes, not in cooking other foods or at the table.
- Be sure to follow food safety guidelines when preparing and cooking food. Tips for keeping food safe can be found at www.foodsafety.gov.

Average Food Group and Nutrient Content

Average Food Group Content of Menus		
Food Group	Goal*	Average Daily Amount in Menus
Grains	6 ounces	6 ounces
Whole Grains	≥3 ounces	3 ½ ounces
Refined Grains	≤3 ounces	2 ½ ounces
Vegetables	2 ½ cups	2 ½ cups
Dark Green	1 ½ cups/week	1 ¾ cups
Red & Orange	5 ½ cups/week	5 ¼ cups
Beans & Peas	1 ½ cups/week	1 ¾ cups
Starchy	5 cups/week	5 cups
Other	4 cups/week	3 ¾ cups
Fruits	2 cups	2 ¼ cups
Whole Fruit	No Specific Goal	1 ½ cups
Fruit Juice	No Specific Goal	¾ cups
Dairy	3 cups	3 cups
Milk & Yogurt	3 cups	2 ¾ cups
Cheese	No Specific Goal	¼ cups
Protein Foods	5 ½ ounces	5 ½ ounces
Seafood	8 ounces/week	8 ½ ounces/week
Meat, Poultry & Eggs	No Specific Goal	3 ounces
Nuts, Seeds & Soy	No Specific Goal	1 ½ ounces
Oils	6 teaspoons	6 teaspoons
	Limit*	Average Daily Amount in Menus
Total Calories	2000 Calories	1948 Calories
Empty Calories**	≤258 Calories	233 Calories
Solid Fats	No Specific Goal	143 Calories
Added Sugars	No Specific Goal	90 Calories

*Food group goals and limits are the amounts in the 2,000 calorie USDA Food Pattern (<http://www.cnpp.usda.gov/USDAFoodPatterns.htm>).

**Empty Calories are calories from food components such as added sugars and solid fats that provide little nutritional value. Empty Calories are part of Total Calories.

Average Nutrient Content of Menus		
Nutrients	Goal*	Average Daily Amount in Menus
Macronutrients		
Protein (g)**	46 g	93 g
Protein (% Calories)**	10 - 35% Calories	19 % Calories
Carbohydrate (g)**	130 g	261 g
Carbohydrate (% Calories)**	45 - 65% Calories	54% Calories
Dietary Fiber	25 g	27 g
Total Fat	20 - 35% Calories	30% Calories
Saturated Fat	<10% Calories	8% Calories
Monounsaturated Fat	No Daily Goal or Limit	11% Calories
Polyunsaturated Fat	No Daily Goal or Limit	8% Calories
Linoleic Acid (g)**	12 g	15 g
Linoleic Acid (% Calories)**	5 - 10% Calories	7% Calories
α -Linoleic Acid (g)**	1.1 g	2.5 g
α -Linoleic Acid (% Calories)**	0.6 - 1.2% Calories	1.1% Calories
Omega 3 - EPA	No Daily Goal or Limit	63 mg
Omega 3 - DHA	No Daily Goal or Limit	133 mg
Cholesterol	<300 mg	291 mg
Minerals		
Calcium	1000 mg	1339 mg
Potassium	4700 mg	3859 mg
Sodium	<2300 mg	2197 mg
Copper	900 μ g	1491 μ g
Iron	18 mg	14 mg
Magnesium	320 mg	405 mg
Phosphorus	700 mg	1721 mg
Selenium	55 μ g	138 μ g
Zinc	8 mg	12 mg
Vitamins		
Vitamin A	700 μ g RAE	1140 μ g RAE
Vitamin B6	1.3 mg	2.7 mg
Vitamin B12	2.4 μ g	6.9 μ g
Vitamin C	75 mg	130 mg
Vitamin D	15 μ g	11 μ g
Vitamin E	15 mg AT	9 mg AT
Vitamin K	90 μ g	115 μ g
Folate	400 μ g DFE	501 μ g DFE
Thiamin	1.2 mg	1.6 mg
Riboflavin	1.2 mg	2.6 mg
Niacin	14 mg	24 mg
Choline	425 mg	423 mg

*Goals are recommended intakes for a 20- to 35-year-old woman consuming about 2,000 calories per day.

** Nutrients that appear twice (*protein*, *carbohydrate*, *linoleic acid*, and *α -linolenic acid*) have two separate recommendations: (1) Amount eaten (in grams) compared to your minimum recommended intake and (2) Percent of Calories eaten from that nutrient compared to the recommended range.



CLOVER SAFE

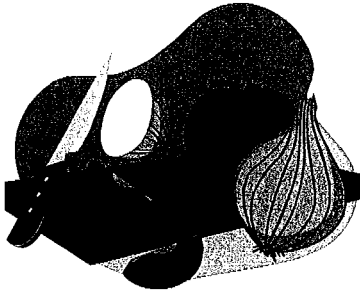
AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#20

GENERAL KNIFE SAFETY

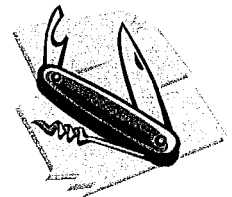
Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.



U.S. Consumer Product Safety Commission data indicate in 2005 more than 80,000 youth aged five to 19 years were treated in hospitals for injuries received while using knives. Most injuries occurred to the fingers (64%) followed by hands (20%), forearms (4%), and wrists (2%). Nearly all of the injuries were lacerations with a relatively small number of puncture wounds. Many of the injuries were caused by the knife user being careless or inattentive and could have been prevented by taking several simple precautions.

General Knife Safety

- Always keep your knife sharp. Dull knives are more dangerous than sharp knives.
- Never run or climb while carrying a knife with an unprotected blade.
- When using a knife, cut in a direction away from your body and fingers, hands, arms, and legs.
- Use knives in well-lighted work areas.
- Never engage in horseplay with knives.
- Only use knives for their intended cutting/slicing/carving purpose. Do not use knives for prying, screwing, hammering, or pounding.
- Never throw a knife.
- Do not attempt to catch a dropped knife. Let it fall and then pick it up.
- Never use a knife on live electrical cords or equipment like appliances.
- Always pass a knife handle first to another person.
- Focus on the task at hand when using a knife. Stop using the knife if you want to look up.
- Always use a cutting board when slicing food.
- When using a chef's knife to slice smaller food items (carrots or celery), hold the knife handle with your last three fingers and grasp the blade with your index finger and thumb. Place the knife tip on the cutting board and slice downward using a continuous rocking motion. Use your other hand to stabilize the food being cut and guide the knife. Protect your fingers by keeping them curled and your thumb by tucking it behind your curled fingers.
- When using a chef's knife to slice larger food items (potatoes or onions), hold the knife as described above. Start the cut with the tip end of the knife and force the knife down and forward across the food until the knife heel encounters the cutting board. Use your other hand to hold the food while protecting your fingers and thumb as described above.
- When not being used, keep pocket knife blades folded and straight-blade knives in sheaths or holding racks.
- If you suffer a cut or puncture wound, tell your group leader, parent, or guardian. Wash the wound with soap and water and cover with a clean bandage. Seek medical attention if the wound is large/deep or appears to be infected.





CLOVER SAFE

AGRICULTURE AND NATURAL RESOURCES
ENVIRONMENTAL HEALTH AND SAFETY



#36

GENERAL KITCHEN SAFETY

Clover Safe notes are intended primarily for 4-H volunteers and members nine years and older.



Information available from the U.S. Consumer Product Safety Commission indicates more than 400,000 people were treated in hospitals for kitchen-related injuries during 2006. Typical injuries were cuts from knives and other sharp edges, burns from stoves, ovens, and hot pots and pans, contusions from inadvertently bumping or slipping and falling into appliances, cabinets, and counters, and strains from lifting or moving heavy appliances or other objects. General kitchen safety also includes taking precautions to prevent fires and utilizing proper food handling and preparation practices to prevent food poisoning or disease transmission.

Tips for Preventing Physical Injuries

- Always handle knives carefully and use them for their intended purposes. See Clover Safe #20 for further knife safety information.
- Clean up floor spills promptly to prevent slips and falls.
- Use oven mitts to handle heated dishes, pots, and pans. Keep hot objects away from counter edges.
- Do not use electric appliances near or in a sink, on wet counters, or with wet hands.
- Use your legs to lift heavy loads. Never attempt to lift or move a load that exceeds your strength capacity.

Tips for Preventing Kitchen Fires

- Have an ABC-rated fire extinguisher located in the kitchen and know how to use it.
- Keep combustible materials such as paper and cloth towels, napkins, recipe cards, clothing, and curtains away from stove burners.
- A prudent safety practice is to tie back long hair when using a stove.
- When lighting a gas stove burner, strike the match first and then slowly turn on the burner knob. If a gas stove pilot light goes out, turn off all the stove burners and wait for the gas to disperse before relighting the pilot light.
- Never leave food cooking on a stove unattended.
- Do not overload any electrical outlet, including those located in kitchens.
- Always follow recipe time and temperature cooking instructions when using a stove, standard oven, or microwave oven.

Tips for Preventing Food Poisoning or Disease Transmission

- Always begin your food preparation activities by washing your hands with soap and water.
- Keep food either hot or cold. The temperature of a refrigerator should be 40°F or less.
- Wash fruits and vegetables before slicing, cutting, or processing.
- Clean counter tops and cutting boards prior to starting food preparation activities. Wash can tops before opening.
- After handling and preparing raw meat, wash the preparation surface and your hands with soap and water.
- Follow food recipes precisely and completely. Do not take food preparation short cuts.
- Discard food that is not fresh.
- Promptly refrigerate left over food. Heated food should be refrigerated within two hours of cooking.
- See the University of California Cooperative Extension brochure entitled "Make It Safe - Keep It Safe, FIGHT BAC! Keep Food Safe From Bacteria" for additional information about food preparation and handling safety. This brochure is available at county Cooperative Extension offices and online at: <http://ucce.ucdavis.edu/files/filelibrary/5810/42038.pdf>

I'm a 4-H Project Leader: Now What Do I Do?

How do I know who is in my project?

- Your club organizational leader will provide you with the names, addresses and phone numbers of the members enrolled in the project for which you are the leader.
- If you are working on the county level, contact the UCCE for the list of project members.
- The organizational leader may indicate to you if any of the youth have special needs. At your first project meeting, note any other youth that may have special needs.
- You may wish to consult with the parent or your 4-H Youth Development Agent as to how to work with a special needs child.

How often should I hold project meetings?

It is recommended you hold 4-6 meetings that each last 1½ to 2 hours in length. Some projects require more meetings or a longer meeting time to accomplish your goals. Some projects, such as leathercraft, may lend themselves to individual project work as members progress on their projects. In this case, you should hold several introductory meetings for all members and then set up a schedule of time for them to sign up for individual help.

When do I start?

Get started as soon as possible! Members' interest in a project is most keen when they are signing up for a project and when they get their project books.

How do I cover the cost of project meetings?

- There is a wide variety of means for covering the cost of project meetings. Some methods used include:
- Each member pays for their share of the expenses or provides a portion of the supplies.
- The club agrees to cover expenses using funds from their treasury. Approval in advance is needed for this.
- Members and leaders can solicit donations/supplies from area businesses.
- Sometimes funds from sources outside your club may be available to cover your project meeting costs.

How do I establish a project meeting schedule?

First, determine when you are available to work with project members. Then determine an initial project meeting date by consulting with your project members.

Publicize the date using one of the following means:

- County and/or club newsletter
- Club meeting or leader association meetings
- Postcards or phone calls to project members

You may not be able to schedule an initial meeting that everyone can attend. Establish a time to meet with those unable to attend before you hold your second project meeting.

Where do I hold project meetings?

Typically project meetings are held at project leader homes, schools, or community buildings. For more information on facility adaptability and liability concerns contact your 4-H Youth Development Agent.

What safety precautions do we need to consider?

Consider the type of safety issues your particular project involves. Request and secure necessary safety items such as ear protection, eye protection and head protection.

How do I let others in my club or other clubs know I am a project leader?

Prior to enrollment ask for time on your club's meeting agenda to let families in your club know you're a project leader and to share some things the kids could do in the project if they enrolled in it. When the project materials are handed out, take the opportunity to inform or remind members that you are their project leader and set an initial meeting date with the group. If no one in your club is in your project, you may wish to offer your services to a neighboring club. Talk to your club organizational leader or county 4-H Youth Development agent about this opportunity.

How do I prepare for the first meeting?

You may want to establish a 4-H resource box where you keep your project materials and any additional resources you will be using. Take time to become familiar with your project literature and talk to others who were project leaders for this project to find out what activities the members enjoyed.

What should I do at the initial project meeting?

- At the initial project meeting, here are some ideas of what you might want to cover:
- Find out what the members want to learn and accomplish in the project. The project literature is an excellent source of ideas.
- Review the safety practices that members will need to follow.

- Do an introductory activity related to the project so the members get to know one another
- Have a small project the members can complete and take home
- Talk about how the project meeting supplies will be paid for. Experienced leaders have found it easiest to charge a small fee to cover the cost of the expenses.
- Assess when members are available for additional meetings. You may wish to ask the parents or members to bring along their calendars of family activities.
- Encourage parents to participate in project meetings, especially the initial meeting.

What does a typical project meeting look like after the initial orientation?

Use the experiential learning model (found in the introductory pages of your Helper's Guide) to plan your project meeting. The project helper's guide will provide suggestions for designing a project meeting. Here are some suggestions for each section of the model:

Do

- Plan an activity to focus the project members on what they'll be doing today. Work on the project for that meeting.

Reflect

- Review the process completed
- Discuss what worked and didn't work.
- Talk about how any problems that arose were solved.
- Assist members in documenting their project work for inclusion in their record books/portfolios.

Apply

- Ask the project member the following questions:
- What else have you seen that is similar to this?
- How can you apply what you learned today to other situations?

What resources are available to help me?

- 4-H Project Literature – You will receive project literature through your 4-H club or the UW-Extension office. Typically there is a helper's guide and member literature for three to four levels.
- Other People in my Club & County – There are a number of people in your county who would be willing to share project ideas and tips with you.

These include:

- Project leaders in other clubs
 - County Staff
 - Older youth who have been involved in the project
-
- **Media Collection & Public Libraries** – Additional resources can be obtained from the Cooperative Extension Media Collection. They have videos, skillathons, displays and resource packages available to support a variety of projects. There is a user fee per item you or your club will be responsible for. You can view their catalog at their website <http://www.uwex.edu/ces/media/>. Check with your local public library to find out what resources they may have or that you can obtain through inter-library loan.
 - **4-H Website** – Wisconsin 4-H is continually adding more information and activities to their website. Visit this site at www.uwex.edu/ces/4h/onlinepro/. You may wish to check out websites from other state 4-H programs also.
 - **Volunteer Leaders Conferences** – Review each issue of your county's newsletter to learn about training sessions for project leaders offered by your county, district or at statewide events. Sessions focusing on new project literature are typically offered at the State 4-H Volunteer Leader Conference held every other year. Periodically statewide conferences focusing on specific project areas are offered in addition to sessions at the volunteer conferences. You can also exchange ideas with other leaders at statewide Field Day.
 - **Field Trips** – Youth always enjoy the opportunity to see firsthand how things are done and how they work. Consider taking your project group on a field trip or tour of a local business or company to enhance their project experience. An example would be taking your dairy members to a cheese factory or your foods group to a local bakery.
 - **Local Experts** – Bring in a local "expert" to share their ideas and experiences with your group. One example would be asking a Master Gardener to share information on choosing perennial or trimming shrubs at one of your project meetings.
 - **Magazines** – Many leaders have found creative ideas to supplement those in the project literature in magazines they have or those at the public library.

How can I incorporate activities not included in the project guide?

We encourage you to use the ideas in the project literature as they have been successfully used with youth. If you have some additional activities you would like to incorporate, consider the following criteria:

- Of interest to kids
- Developmentally appropriate
- Incorporate the experiential learning model
- Youth and adults are involved in determining what will be done
- Enhances the development of member life and project skills
- Research based source of content utilized

What is the relationship between project work and the county fair?

The County Fair is an opportunity for an independent evaluation of life and project skills a member learned through completing a project. County fair entries typically match the activities included in the project literature and may include other activities that are being emphasized in your county. One of your roles is to help maintain the focus of members and parents on the goal of 4-H, which is to develop blue ribbon kids. Talk with members about what they learned about each of their fair entries from the judging process. Help members celebrate their accomplishments regardless of the color of ribbon each project member received at the fair. This may be done through individual encouragement or at a meeting following the fair. While entering and displaying a project at the County Fair is the traditional method of public affirmation, there may be other means of exhibition such as a club tour, open house, community celebrations or others.

Who can I go to if I need someone to help me during the project meetings?

If you are leading beginning level project meetings, ask older members in the project to help you. This is a great leadership experience for them! Parents are another excellent source of help. Don't hesitate to ask them to stay for the meeting and be actively involved in their child's project work.