

ROUTT COUNTY 4-H

FOOD AND NUTRITION

NO WORKSHOPS | HELP AS NEEDED



There are no scheduled workshops for food and nutrition; however, we have a leader who is available to help on a one on one, as needed basis! If you are interested in this project and need some assistance, please reach out to us at the phone number or email provided below!

July 27

Routt County Exhibit Day | Soroco High School

Attend Monthly Club Meetings, Community Service, and Complete a demonstration

PROJECT OBJECTIVES:

1. Learn kitchen and food safety as well as food preparation and nutrition
2. Explore various methods of food preparation and different ways to preserve food
3. Apply knowledge of food preparation to discover various careers within the food industry
4. Complete a recipe and present food to show progress through the Food and Nutrition Program

PROJECT REQUIREMENTS:

- **Record Books** must be completed with your projects. These books will be turned in with your project during Exhibit Day
- **Interviews** will be completed during Exhibit Day in July. Interviews are required for each member to complete the Robotics Project
- **Project Exhibits** will need to be completed and presented during Exhibit Day.

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