

2023 Trumbull County 4-H Food & Nutrition Project Guidelines

Checklist for Food & Nutrition Projects:

- Enroll in 4-H by **Saturday, April 1, 2023** (online enrollment for existing families [www.v2.4honline.com], paper enrollment for new). This also includes parent/guardian expectations form. **Make sure the proper projects are enrolled for the new year.
- Select a project book that fits your interests (fill out cover) *This is required. Must complete book and have it ready to be viewed at General Project Judging:

Beginning Level Projects

- 459 Let's Start Cooking
- 481 Everyday Food & Fitness
- 484 Snack Attack!
- 487 Fast Break for Breakfast
- 492 Cake Decorating

Intermediate Level Projects

- 461 Let's Bake Quick Breads
- 463 Sports Nutrition: Ready, Set, Go
- 472 Grill Master
- 475 Star Spangled Foods
- 477 Party Planner: A 4-H Guide to Quantity Cooking
- 485 Racing the Clock to Awesome Meals
- 486 Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices
- 492 Cake Decorating

Advanced Level Projects

- 462 Yeast Breads on the Rise
- 467 Cooking on my Own
- 469 Global Gourmet
- 474 Beyond the Grill
- 476 Kitchen Boss
- 492 Cake Decorating

- Read over and understand club rules.
- Attend General Project Judging on **Thursday, June 22, 2023** from **6:00-8:00 pm** at Champion Christian Church.
 - Bring completed project book
 - Please bring food item(s) as listed in Trumbull County Project Completion Guidelines found at: <https://trumbull.osu.edu/program-areas/4-h-youth-development/4-h-project-information>

Special Notes:

- **Please notify the OSUE-Trumbull Office (by phone or email Ashlee at Meardith.1@osu.edu) of *dropped projects* prior to General Project Judging. This is imperative to the number of judges we have present.**
- Ohio State Fair participation requires completion of a project portfolio. It is suggested that photos are taken of various activities throughout project.

Project Information:

- Members must complete General Project on **June 22nd** for their respective project in order to be eligible to compete at the Ohio State Fair.

Fair Information:

- Fair passes for members in good standing will be given to club advisor prior to the start of fair for distribution. You must turn in your ticket for a wristband at the Fair Board Office. The wristband is your admission pass for fair entry/exit throughout week.

