

2024 Trumbull County 4-H Food & Nutrition Project Guidelines

Checklist for Food & Nutrition Projects:

- Enroll in 4-H by **Monday, April 1, 2024** (online enrollment for existing families [www.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 20, 2024** 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 of 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 20th** 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.

