

## Food & Nutrition Project

What is the Food & Nutrition project? The food and nutrition project helps participants learn to make healthy food choices, improve energy and alertness, reduce disease and illness risks, and gain knowledge of nutrients. Major learning experiences are centered on nutrition, menu planning, food buying, preparation and food safety, careers, and cultural influences.

Let the office know if you plan on participating in the Food & Nutrition project as soon as you can.

Practices will be scheduled based on individual team needs. Call to schedule ASAP!

The District **Nutrition Quiz Bowl** helps 4-H members enhance and demonstrate their knowledge and skills in a competitive setting. More information is available on the district website at <https://d74-h.tamu.edu/files/2016/09/2017-Food-Nutrition-Quiz-Bowl-Letter.pdf>

The District Quiz Bowl is November 7th in Coleman.

Another project option is to do a Food & Nutrition poster display. This year's theme, "Fresh From the Farm" also applies. This theme will allow participants the opportunity to explore many aspects of food processing, physical activity, and the value of agriculture. Another aspect to consider is the importance of family and working together.

The **District food show** will be on Thursday, November 16th in Abilene with county entries due to district in late October. Recipes are due to Karen by October 23rd. Check the District-7 website for the format "under events" (coming soon).

Lampasas 4-H is looking for members to be a part of the 4-H **Food Challenge** which is similar to TV's Iron Chef. The district Food Challenge contest is in San Angelo during the stock show on January 24th.

