

# Rains 4-H Club

## County Food Show

Six members of the Rains 4-H Club recently competed in the County Food Show. These youth first participated in a Food & Nutrition Project meeting where they learned how to prepare a variety of healthy snacks. The next week for the contest they prepared a dish at home that was classified into one section of the USDA's MyPlate, which is fruits, vegetables, grains, protein, or dairy. Then each member made a presentation to a panel of two judges, in which they told them how they prepared it, the food safety procedures they followed, and the dish's nutritional value. All the members did an outstanding job in the competition and all received a first place blue ribbon. They will all advance on to the District IV Food Show that will be held at Texas A&M University – Commerce on Friday, March 6, 2015. Those 4-H members are Cole Couch – Grains, Avery Gowin - Fruit & Vegetables, Haylee Chester – Grains, Kaylee McAree – Dairy, Chance Cobb – Protein, and Aubrey Gowin – Grains. Good luck to these fine 4-H members!

If you know anyone who is interested in joining the Rains 4-H Club, please contact us for more information at the AgriLife Extension Office at 903-473-4580 or visit us at [rains.agrilife.org](http://rains.agrilife.org). We are also on Facebook at [facebook.com/Rains4HClub](https://facebook.com/Rains4HClub). Go and “Like” our page to keep up with the latest news, events, and programs offered by the Rains 4-H Club in Rains County.