

# Rains 4-H Club

## County Food Show

Twenty members of the Rains 4-H Club recently competed in the County Food Show. These youth first participated in a three part Food & Nutrition Project series where they learned nutrition information on MyPlate, food preparation steps, healthy ingredient food substitutions, keeping food safe, and food garnishing. At each meeting they prepared a healthy entrée, side dish, or dessert. The senior members of the Rains 4-H Club helped the youth with their food preparation skills.

Eight members later competed in the Rains County Food Show 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 North Central Texas College in Gainesville, Texas on Friday, March 31, 2017. Addyson Ivie, Caleb Koster, Emily Cryer, and Jaycee Ivey will be in the Junior Category. Competing in the Intermediate Category are Avery Gowin and Sarah Koster. Lastly, in the Senior Category are Matthew Koster and Aubrey Gowin. Good luck to these outstanding 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.