

# Rains 4-H Club

## Family & Consumer Sciences Day Camp

The Rains 4-H Club held their summer Family & Consumer Sciences Day Camp on Tuesday, July 9, 2013 at the Texas A & M AgriLife Conference Center. Several members of the club enjoyed a day full of fun and educational project experiences. They began their day with a Food & Nutrition Project, which included food safety, nutrition, and cooking techniques. Each child helped prepare a delicious Mexican meal of sour cream chicken enchiladas, salsa, and guacamole. Then they learned about the new “mini” dessert trend that is so popular. Each one created their own Mini Key Lime Pie Indulgence.

After they prepared their lunch, Taylor Young, Rains 4-H Club President and District IV Council President, led a session on “Why Etiquette Matters.” The tables were set with a formal place setting, so after the lesson the youth could practice what they had learned by using the proper utensils, passing the salt and pepper properly, and other important table manners. I am very pleased to say they were very attentive and did a great job of using their new found knowledge!

After lunch we adjourned outside for a horticulture project. Ag/Natural Resource Agent, Stephen Gowin led the project by discussing EarthKind gardening, water conservation, stretching your gardening budget by creating your own planter, and the proper way to care for the plants. By the end of that session, each child had created their own beautiful container garden to take home to share with their family.

The last project of the day was led by the Rains TEEA Piecemakers. They shared their sewing talents to help our members make backpacks from our Lake Country Neighbors “Hee-Hawg” t-shirts. They will be entered in the Creative Arts Contest at the Rains County Fair and then given to students at Rains Elementary School this fall.

We would like to thank our volunteers Vaunita Blanton, Kaye Pressley, Kay Chastain, and Judy Vess for helping us with our day camp. These projects would not be possible without the help and support of our fine volunteers.

The new 4-H year is right around the corner, so 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.