

Rains 4-H Club

Food Challenge Project Meeting

The Rains 4-H Club recently held a 4-H Food Challenge Project meeting at the Texas AgriLife Extension Conference Center. The 4-H Food Challenge is another way 4-H members can exhibit the knowledge and skills they gain in the 4-H Food and Nutrition Project. The Food Challenge is modeled after competitions such as the Food Network's Iron chef. Teams create dishes using only a predetermined number and amount of ingredients. From these ingredients team members must develop a recipe and prepare the dish. Teams then make a presentation to a judging panel, explain the preparation steps, serving size, nutritional value and cost of the dish.

This contest will be held at the district level and qualifying senior teams may advance to the state and national contests. Our club will begin the process of recruiting and training team members to compete in the upcoming 4-H year. Those that participated in the project meeting were Dana Willis, Aubrey Gowin, Judd McCall, Kaylee McAree, Tate Peacock, Jed Harden Presli Harden, and Sheldon Smith.

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. We are also on Facebook at 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.