



# 4-H Family and Consumer Science Newsletter

October 2016

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### Upcoming Dates:

**Dec 10th** -4-H Family Day

Location TBD

**2017**

**Jan**— Photo Contest –TBA

**Feb 9th**—County Food Challenge

Location TBA

**Feb 28**— County Roundup

**Mar 3rd** —District Food Challenge

State Fair of Texas Bldg

**March 10**—Entry Deadline for

District Spring Roundup—

**March 15**—Deadline to sign up for

Fashion Storyboarding

**March 18** Deadline -Storyboard

due to District Office or

Cooke County.

**March 30-April 1**— District Round

Up at NCTC Gainesville, TX

**April 5-8th** VZ County Fair

**June 5-8** TX 4-H Roundup

College Station

### Fashion Storyboarding

Industry inspired method of displaying original designs. It tells the story of the designer's idea. It can include original illustrations, flats, and more to promote design.

Please call my office if you are interested in this event.

### How do you explain 4-H ?

Well its short and simple. It's a youth organization that allows youth to explore their interest, select projects of their choice, and develop leadership skills. If you have questions please call our office and we will assist you in finding the perfect project for you!

### Keeping Records

4-H members as you begin the new year remember to write down all activities and expenses associated with your projects and involvement with 4-H.

This will make completing your record book a breeze! If you have questions please don't hesitate to give me a call!

### Food Show or Food Challenge???

Which event best fits you??? Food Show is an individual event where you prepare you food ahead of time, present it to the judges sharing about recipe choice including nutrients and substitutions that would make the recipe healthier.

Food Challenge is a team of 3 to 5 members who are given supplies and they make and plate a dish. They must learn about food safety, nutrition, and how to substitute ingredients to create a dish. This event is similar to Iron Chef.

### Duds to Dazzle!!

Teams of 3 to 5 have 60 minutes to create a new design item using supplies provided in a supply closet. This is great opportunity to utilize your design ideas and recycle old items creating a new item with your own envision. There are three categories; wearable, accessory/ jewelry, and non-wearable.

If you are interested please contact my office and put your name on the list so we can organize some teams.

### How can you get involved in 4-H FCS Projects???

Call or email our office and we can help you identify which projects are best for you! There is a world of opportunities for all ages just waiting for you!



Educational programs by the Texas A&M AgriLife Extension Service serve people of all ages regardless of socioeconomic level, race, color, sex, religion, disability or national origin. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas cooperating.