

Leon County 4-H

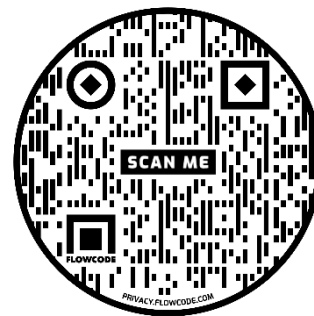
Food & Nutrition Resources & Information

Contest Dates & Opportunities:

- Leon County 4-H BBQ/Grilling Workshop- Stay Tuned (Late Oct./Early Nov.)
- Leon County 4-H Food Show & Food Challenge (November 18)- Deadline Nov. 4th
- D8 4-H Food Show & Food Challenge (December 8)- Deadline Nov **Must Qualify**
- TX 4-H Food Show & Food Challenge (June, 2022)- Deadline May 10 **Must Qualify**
- Fall Major Stock Shows:
 - State Fair of TX (Deadline Mid August)
 - Heart of TX (Deadline Beginning of September)
- Spring Major Stock Shows: **Some have a maximum # of teams allowed to enter/county**
 - Deadline to Enter: November 12, 2021
 - San Angelo Stock Show & Rodeo (January 26, 2022)
 - San Antonio Livestock Exposition (TBA)
 - Houston Livestock Show & Rodeo (March 15, 2022)
- Other Invitational Contests across TX

Leon County 4-H Food & Nutrition Information:

<https://leon.agrilife.org/4-h/4-h-projects/food-nutrition/>

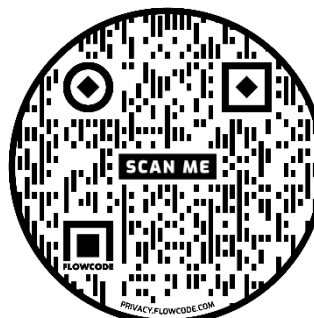


District 8 4-H Food & Nutrition Information:

<https://agrilife.org/d84h/events-and-activities/food-challenge-food-show/>

Texas 4-H Food & Nutrition Information:

<https://texas4-h.tamu.edu/projects/food-nutrition/>



Scroll Down for Food Challenge Notebook Resources:

My Plate Mini Poster

Food Safety Fact Sheet

Fight Bac- Fight Foodborne

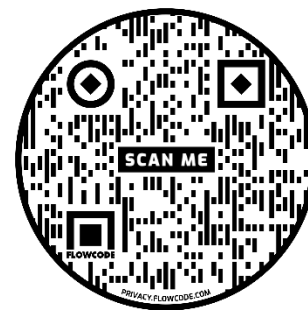
Bacteria Know Your Nutrients

Scroll Down for Food Challenge Presentation Video Examples

Leon County 4-H Enrollment:

Don't forget to enroll for the new 4-H Year!

<https://v2.4honline.com/>



Questions:

Email-- Ms. Cassie at cassie.ferguson@ag.tamu.edu

Call-- Leon County Extension Office at 903-536-2531

Contact your 4-H Club's Project Leader or Club Manager!

Nutrition Resources to Help with Food Show & Food Challenge Presentations!

- MyPlate
<http://www.choosemyplate.gov/>
- Food Safety
<https://texas4-h.tamu.edu/projects/food-nutrition/>
- Dietary Guidelines for Americans
<http://health.gov/DietaryGuidelines/>
- Preparation Principles & Function of Ingredients
<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Know Your Nutrients
https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf
- Nutrient Needs at a Glance
http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf