



4-H PROJECT IDEAS

Under Healthy Living

- General Dept E Div 350 Class 3 Physical Activity & Health Poster
- Fast Foods Level 1 B Class 5 Food Recipe File / 10 recipes

4-H Cooking Camp

Promoting healthy habits

- WHO:** Any youth ages 5-18 years
4-H Youth Member not required
- WHAT:** 10-hours of hands-on, interactive activities for healthy eating & active living
- WHEN:** Monday & Tuesday, June 27 & 28 from 9:30 am – 3:30 pm
- PARENT EVENT:** Family members invited Monday 9:30 – 10:30am & Tuesday 2:30 – 3:30pm
Incentive cooking bags will be sent home with parents.
- WHERE:** Dodge Municipal Building
226 Elm Street, Dodge
- COST:** Free – all supplies furnished
- RSVP:** By **Monday, June 20, 2016** to 402.727.2775 OR dodgecountyfoodsmartfamilies@gmail.com
Class open to first 50 kids registered

***If you have any questions, please email or call the 4-H Office.**

2016 4-H COOKING CAMP

Registration Form - Can scan and email or send via mail.

Return to: Nebraska Extension: Dodge County
1206 W 23rd St, Fremont, NE 68025

Name _____ 4-H Age _____ Club _____

Address _____ Town _____ Zip _____

Phone #'s _____ Email _____



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