

# **FOODS PROJECT INSERT**



## The Science Art, Life Skills, Technology and Trades (SALTT) Committee

# Proudly presents an Annual Virtual Showcase



**Who:** Open to all members in Science, Art, Life Skills, Technology and Trades projects

**What:** Marketing Challenge— perfect your sales pitch, convince someone to join 4-H, Project Skill Demonstration—Show us the skills you learned in your project this year (check out the YouTube channel to see some from last year)

STEAM—The task will be introduced by webinar. You will have an opportunity to see a demonstration of the project, receive the building materials list and ask questions. We will announce the STEAM Challenge after the registration deadline.

**Where to Register:** [4habregistration.ca](http://4habregistration.ca) to register for one or more of the challenges. Watch for details in the Escoop or on the website, every Spring.

## THANK YOU TO OUR SPONSORS



# ABOUT MY FOOD PROJECT

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Use this table to record the names of the recipe's and skills you want to accomplish this year as well as the source of your inspirations/instructions. Include a detailed list of materials & ingredients in order to help you plan for your project and create an accurate budget (for senior members).

Recipe / Skill	Source	Materials & Ingredients

# PHOTOGRAPHS

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Include a photo of each completed recipe and/or the results of any new skills you have learned. (Label and include date)

# PROJECT PLANNING

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Your project will require regular effort on your part to be successful. Explain what you will do daily, weekly and/or monthly to accomplish your goals. Be as specific as possible.

**Remember to consider the following:**

- preparation
- workshops/reading/finding resources
- multiple trials for practice

**What I do for my Foods project ...**

Daily	Weekly	Monthly

Why did you choose this project?

What skills do you want to learn or improve on?

What goals do you want to accomplish with your project?

What other 4-H activities do you want to try?

## BUDGET- For Senior Members Only

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A budget is important for planning. Budgets can help ensure that your expenditures are not greater than your available finances, or expected income, particularly if a loan is required.

Based in previous years in the project, and/or the advice of your leaders and parents, create a budget for this year. Additionally, you may want to think about:

1. Is the value of the learning worth a loss? Will it lead to a more balanced projection in the future?
2. Is there a way to decrease expenses?
3. Is there a way to generate more income?

### Budget

Projected Education / License Expense

Projected Materials / Ingredients +

**Total Projected Expense** =

**Total Projected Income**

Total Projected Income

Total Projected Expense -

**Budgeted Profit/Loss** =

# MONTHLY PROJECT REPORTS

Fill out the monthly project reports only for those months when you are working on your project.

<b>Month</b>	<b>Comment - How did your project do this month, questions, ideas?</b>	
	<b>Member:</b>	
	<b>Leader:</b>	<b>Leader Initials:</b>
	<b>Member:</b>	
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## FINAL RECIPES

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Attach all of your final recipes and/or instructions for everything you have made and learned this year in your foods project. Be sure to include cook time, ingredients, and everything else needed to follow the recipe successfully.

# NUTRITION AND HEALTHY LIVING

Choose one or more of your recipes and/or skills you have learned and research the nutritional information to learn more about how your project fits into a healthy lifestyle. Record Your findings below.

Recipe / Skill	Nutritional Info (Ingredients)	Recommended Serving Size	Nutritional Benefits (What's healthy? Why?)	Nutritional Detriments (What could be unhealthy? Why?)	Information Source

To complete your 4-H project you may acquire equipment, tools, and supplies you will continue to use throughout your 4-H career. Keep an inventory listing including the item, date of purchase, and cost/value. Include equipment that was added, lost, or broken through the year. Don't forget to include equipment purchased in previous years (i.e. from your last book). This list may also be valuable in case of an insurance claim for loss or damage.

**4-H PROJECT INVENTORY SUMMARY** NOTE: This inventory is continuous from year to year and should be transferred to your new record book insert each year.

Date Purchased	Equipment Purchased	Value for this Item
Oct. 17, 2021	Eg. Mixer	\$150.00
<b>Total</b>		<b>\$</b>

## FINANCIAL SUMMARY FOR MY FOODS PROJECTS

**Note:** Record the cost of new equipment, which you will use for more than one year, in the 4-H Project Inventory Summary on the previous page.

### EDUCATION / LICENSES EXPENSE: (Cook books, Workshops, Recipes etc..)

Item	Cost
<b>Total</b>	<b>(L)</b>

**MATERIALS/INGREDIENTS EXPENSES:** (materials, project event costs **Note:** Items that are used up yearly are recorded here)

Item	Cost
<b>Total</b>	<b>(M)</b>

### Total Expenses

Education/Licenses Expenses

Materials/Ingredients Expenses

**Total Expenses**

		(L)
+		(M)
=		(P)

## FINANCIAL SUMMARY CONTINUED

**Project Sale Income:** (if you sold your projects or any items related to the project that you have sold (eg. bakesale))

Item	Project #	Amount
<b>Total</b>		<b>(Q)</b>

**Total Income**

	(Q)
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**Profit or Loss Calculation**

Total Income

	(Q)
--	-----

Total Expenses

- 

	(P)
--	-----

**Profit or Loss**

= 

	(U)
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## EVALUATION OF MY FOODS PROJECT

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1. Did any of your plans/instructions/recipes change as you progressed? Why or why not?:
  
2. Techniques and skills I have learned and used this year:
  
3. My greatest success was:
  
4. The hardest part was:
  
5. Did you achieve your project goals? Why or why not?
  
6. If I were to do this project again I would:
  
7. What did you like best about the foods project?
  
8. How will you use what you have learned this year and how will you share it with others?

# RECORD BOOK - Non Livestock Marking Guide

This is just a guide - clubs can add, delete, or change any of the book to suit the clubs' needs.

Member Name: \_\_\_\_\_ Age Group: JR/INT/SR

## BASE BOOK - Completeness (Including Accuracy pages)

All pages to be filled in or N/A marked

About Me/About my Club		/8
My 4-H Year Plan		/2
Record of Club Activities		/4
Record of District, Regional & Provincial Activities		/4
Code of Conduct		/4
Financial Summary for 4-H year		/8
Story of My 4-H Year		/4
Neatness & Personality - Base Book Only		/8

## INSERT - RECORD BOOK

Accuracy: All records and calculations should be complete

	Project one	Project two	Project three
My Project /Project Planning	/5	/5	/5
Picture - Beginning & End Project Picture	/5	/5	/5
Practice Log/Maintenance Log	/6	/6	/6
Other expenses	/4	/4	/4
Project Financial Records	/10	/10	/10

## Neatness: Inserts

Neatness is more than penmanship. It also includes spelling, punctuation, spacing & consistency. Corrections should be minimal & neat.

/8

## Personality: Completed Book

4-H Communication Activity/Judging sheets	/4
4-H Handouts - Agenda, Financials, etc	/4
Organization & presentation of material	/4
Originality & Creativity	/4
Quality Photos & pictures - titled & dates	/6
Clipping Pages Newspaper & magazine articles	/6

## Attention to Detail:

contributed extra to their record book

/5

Total Points

General Comments: