

WHAT 4-H CAN DO FOR YOU!

Provide you the opportunity to:

Learn baking and cooking skills - how to measure, using kitchen tools and gadgets, prepping food, food safety, nutrition and much more under the leadership of adult volunteers.

Increase your knowledge

Learn new skills

Belong to a club

Be a club officer

Make new friends

Gain leadership skills

Learn to work together

Take 4-H projects related to Foods and Nutrition and other topics

Practice and improve your skills

Participate in local, district, state and national competitions

Participate in special 4-H programs

Build self-confidence and a positive attitude

Learn to set realistic goals and strive to achieve them

Become more responsible

Improve public speaking and communication skills

Learn to manage time and other resources

Receive awards for your effort

Have FUN!



For Boys and Girls ages 5 – 19 as of
September 30 of the current year

For more information contact:

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BOTETOURT 4-H COOKING KINGS CLUB



**“Learn baking & cooking
skills along with
nutrition and healthy
food choices”**

For Boys and Girls ages 5 - 19
as of September 30 of the
4-H current year

BOTETOURT 4-H COOKING KINGS CLUB INFORMATION

WHO ARE WE?

Botetourt 4-H Cooking Kings Club members are a group of boys and girls sharing one common interest – **a desire to learn skills for baking and cooking.** This club was organized to provide youth in Botetourt County the opportunity to learn about and increase their knowledge about food safety, nutrition, baking and cooking skills and have fun while participating.



ANYTHING ELSE?

4-H Activities, Contests, and Competitions related to Foods and Nutrition

Field trips

State competition

District competition

National competition

Other Botetourt 4-H opportunities:

Botetourt County 4-H Camp as well as other camps

Botetourt 4-H Community Clubs - Kids & Critters, Honey Bee, Horse & Pony, Shooting Education, Outdoor Skills, Robotics, and Teen Leadership

County, District, and State contests – 4-H Presentation, Talent, Public Speaking, etc.

WHO CAN JOIN?

The 4-H program is open to all youth ages 5 – 19 as of September 30 of the current year. Any young person, male or female, may participate and join if they are wanting to learn more and be with other youth with similar interests.

HOW TO JOIN?

Contact the Botetourt Extension Office, (540)473-8260 or tpaint85@vt.edu to find out club meeting dates, times and locations. Come and join Botetourt 4-H!

WHAT DO WE DO?

Monthly 4-H Club meetings

- Elect Officers
- Conduct club business
- Educational programs, speakers, and activities
- Plan activities
- Participate in activities
- Receive hands on training

All members must enroll in 4-H

Members are encouraged to participate in club meetings, local and state events.

Members are encouraged to participate in community service projects as a club as well as individually. Most clubs conduct several community service projects each year.

Members are encouraged to participate in other county, district and state 4-H activities and contests.

Involve the parents and adults through volunteer opportunities

