

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

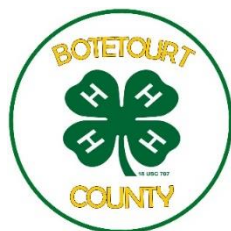
Learn to set realistic goals and strive to achieve them

Become more responsible

Improve public speaking and communication skills

Learn to manage time and other resources

Virginia Cooperative Extension Botetourt County



For More Information Contact:

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BOTETOURT 4-H COOKING CLUB



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

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



BOTETOURT 4-H COOKING CLUB

WHO ARE WE?

Botetourt 4-H Cooking 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.

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 want to learn more and be with other youth with similar interests.

HOW TO JOIN?

Contact the Botetourt Extension Office, at (540) 928-3210, 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 and 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 parents and adults through volunteer opportunities.

ANYTHING ELSE?

Other Botetourt 4-H opportunities:

- Botetourt 4-H Camp
- County, District, and State contests:
 - 4-H Presentation Contest
 - 4-H Talent Contest
 - 4-H Public Speaking Contest
- Other Botetourt 4-H Community Clubs:
 - 4-H Horse & Pony Club
 - 4-H Honey Club
 - 4-H Shooting Education Club
 - 4-H Livestock Club
 - 4-H Teen Leadership Club
 - 4-H FLL Robotics
 - 4-H FRC Robotics

