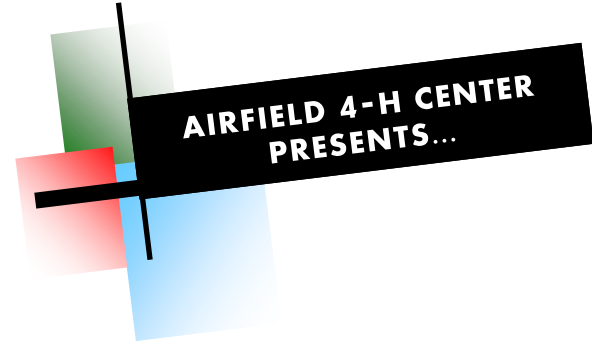




More than 120,000 youth participate in the 4-H Food and Nutrition Project, learning how to prepare nutritious meals and snacks that can help reduce their risk for chronic disease. This contest challenges teams to create a dish using only a pre-determined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

Activities Include

- Preparing and Presenting a Dish
- Learn from others and develop teamwork
- Opportunities for leadership
- Participate in an exciting , competitive event.



**FOOD
CHALLENGE
WEEKEND
JANUARY
13-15, 2017**



Airfield 4-H Center
15189 Airfield Road
Wakefield, VA 23888
www.airfield4hcenter.com



Schedule

Friday, January 13

7:30 – 8:30 p.m.
8:30 – 9:00 p.m.
9:00 - 10:00 p.m.
10:00 – 10:30 p.m.
10:30 p.m.

Arrival, Registration,
Welcome, Orientation
Team Building Games
Quiet Time in Rooms
LIGHTS OUT

Saturday, January 14

7:30 a.m.
8:00
8:15 – 8:45
9:00-11:50
12:00-12:45
1:00-3:50
4:00 – 4:50
4:50- 5:20
5:30
5:45–6:30
6:30– 7:00
7:00–8:15
8:15 – 8:45
9:00–10:00
10:00–10:30
10:30

Wake-up
Flag Raising
Breakfast
A. M. Sessions
Lunch
P. M. Sessions
Free Time Recreation
clean up for dinner
Flag Lowering
Dinner
Awards Ceremony
Special Presentation
Team Meeting
Campfire
Quiet Time in Rooms
LIGHTS OUT

Sunday, January 15

7:30 a.m.
8:00
8:15 –8:45
9:00–10:00
10:00 a.m.

Wake Up/PackUp
Flag Raising
Breakfast
Evaluations / Closing
Departure

Schedule subject to change

If you are a person with a disability and desire any assistive devices, services or other accommodations to participate in this activity, please contact Trevor Saunders Program Director Airfield 4-H Educational Center at 757-899-4901 (phone number/TDD*) during business hours of 9:30 a.m. and 5:00 p.m. to discuss accommodations 5 days prior to the event.

*TDD number is [\(800\) 828-1120](tel:8008281120)



FOOD CHALLENGE WEEKEND

January 13-15, 2017

⇒ Youth ages 9-13

⇒ Registration Fee: \$105.00

⇒ Registration Deadline

December 28, 2016

⇒ The \$105 fee is non-refundable after
January 6, 2017

⇒ Please make checks payable to
“Airfield 4-H Center”

⇒ If you have any questions, contact
Trevor Saunders, Program Director
(757) 899-4901.



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Registration

Participant's Name

Address

City, State, Zip

Male _____ Female _____ Age _____

T- Shirt size __S__M__L__XL (adult)

Parent's Name

Parent's Cell Phone

Parents Email

Registration \$105.00

REGISTRATION DEADLINE

December 28, 2016

The registration fee is non-refundable after

January 6, 2017