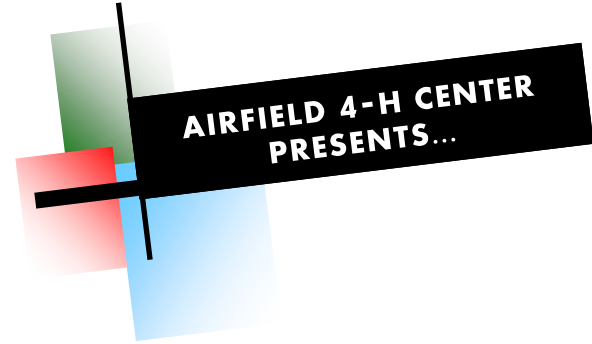




More than 120,000 youth participate in the 4-H Food and Nutrition Project, learning how to prepare nutritious meals and snacks that can help reduce their risk for chronic disease. This contest challenges teams to create a dish using only a pre-determined set of ingredients. From these ingredients, team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



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**FOOD  
CHALLENGE  
WEEKEND  
JANUARY  
19-21, 2018**



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



# Schedule

## Friday, January 19

7:30 – 8:30 p.m. Arrival, Registration,  
8:30 – 9:00 p.m. Welcome, Orientation  
9:00 - 10:00 p.m. Team Building Games  
10:00 – 10:30 p.m. Quiet Time in Rooms  
10:30 p.m. LIGHTS OUT

## Saturday, January 20

7:30 a.m. Wake-up  
8:00 Flag Raising  
8:15 – 8:45 Breakfast  
9:00-11:50 A. M. Sessions  
12:00-12:45 Lunch  
1:00-3:50 P. M. Sessions  
4:00 – 4:50 Free Time Recreation  
4:50- 5:20 clean up for dinner  
5:30 Flag Lowering  
5:45–6:30 Dinner  
6:30– 7:00 Awards Ceremony  
7:00–8:15 Special Presentation  
8:15 – 8:45 Team Meeting  
9:00–10:00 Campfire  
10:00–10:30 Quiet Time in Rooms  
10:30 LIGHTS OUT

## Sunday, January 21

7:30 a.m. Wake Up/PackUp  
8:00 Flag Raising  
8:15 –8:45 Breakfast  
9:00–10:00 Evaluations / Closing  
10:00 a.m. 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 19-21, 2018

- ⇒ Youth ages 9-13
- ⇒ Registration Fee: \$110.00
- ⇒ Registration Deadline  
January 3rd, 2018
- ⇒ The \$110 fee is non-refundable after January 10th, 2018
- ⇒ Please make checks payable to  
“Airfield 4-H Center” or call & pay by credit card
- ⇒ Have any questions,? contact Trevor Saunders,  
Program Director (757) 899-4901.

## Activities Include

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



# 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

Roommate Request

**Registration \$110.00**

**REGISTRATION DEADLINE**

**January 3rd, 2018**

The registration fee is non-refundable  
after

**January 10th, 2018**