







COLLECTION

## MY OREGON 4-H FOODS RECORD



Name	County			
Name or Division of Project	Year in Foods			
Date Record Started				
Food	Preparat	ion		
Name and kind of foods prepared		Number of times served	Did dishes	Cleaned work are
Example: Scrambled eggs			VVVV	$\vee$ $\vee$ $\vee$
	30			
· 				
	TOTAL	*		

\*Use this figure and number of meals served (back page) when you fill out your completion card at the end of the year.

FEDERAL COOPERATIVE EXTENSION SERVICE

OREGON STATE COLLEGE

**CORVALLIS** 

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## **Meal Planning**

Some of the menus of meals, snacks, or refreshments that I prepared with little or no help:

Menu i	Menu II	Menu III	Menu IV			
	<del>.</del>					
Total number of meals, sn	nacks, or refreshments p	lanned	orepared*			
Kept a neat, orderly file of	•					
*Use this figure and the number of dishes prepared (front page) when you fill out your completion card at the end of the year.						

## Food and Fun With Others

Fun with food which increased the value of my project to me, such as food I prepared for gifts, help I gave in planning and preparing family meals and in entertaining.

Date	What I did	Quantity or number of times