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OREGON STATE LIBRARY
Documents Section
Age Club No.....
Birth SEP 26 1955
Date, 19.....

Name
R.F.D. or
Street Address

Post Office County

Parent or
Guardian

School or
Club Leader Community

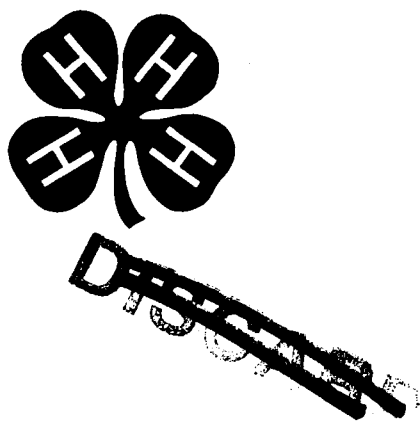
Name of Club

Date Record
Started, 19..... Date Record
Closed, 19.....

4-H Club Foods Record Book

for

Easy Meals



FEDERAL COOPERATIVE EXTENSION SERVICE ✓ OREGON STATE COLLEGE ✓ CORVALLIS

Cooperative Extension work in Agriculture and Home Economics, F. E. Price, director, Oregon State College, the United States Department of Agriculture, and the State Department of Education co-operating. Printed and distributed in furtherance of the Acts of Congress of May 8 and June 30, 1914.

About Your Record Book

Fill it in carefully. Record all the work you do.

Give it to your leader when you have finished your work; she will send it to the Extension Office where it will be checked and returned.

Keep this Record Book as long as you are in club work; you may need it for special honors.

PARENT'S STATEMENT

Please tell briefly how 4-H Club Work has helped your son or daughter.

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Parent's Signature.....

LEADER'S STATEMENT

This club member has satisfactorily completed the requirements for this project.

Leader's Signature.....

Prepare several foods in each of these groups.

Use next page for additional or other foods prepared.

Date	Group	Food you prepared	Number served	Did dishes	cleaned up work area
<i>Aug. 17</i>	<i>Eggs</i>	<i>Scrambled eggs</i>	<i>6</i>	✓	✓
	Easy soups or chowders				
	Eggs				
	Dishes made from cereals				
	Muffins				
	Cooked fruit				
	Salads and salad dressings				
	TOTALS				

**Menus of Meals, Snacks, or Refreshments
Prepared with Little or No Help**

Menu I Date:	Menu II Date:	Menu III Date:	Menu IV Date:

(If you have prepared more meals than this, add an extra sheet and list them.)
 Number of meals, snacks, or refreshments planned..... prepared.....

Food and Fun with Others
 List foods you have prepared for gifts, and help you
 have given in entertaining.

Date	What you did

Your Activities

1. List the DEMONSTRATIONS THAT YOU GAVE (club, community, or fair).

Date given	Title	Where given	Attendance

2. List judging that you did in your club, community, or fair.

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3. What other contests have you entered? (Muffin baking, etc.)

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4. Club meetings:

How many meetings did your club have this year?

How many of the meetings did you attend?

What office did you hold in the club?

On what committees did you serve?

Your Story of Your 4-H Club Work

Tell what you did in this club and what you learned.

Handwriting practice area consisting of multiple horizontal dashed lines for writing.

Project Summary

Number of dishes prepared.....

Number of meals prepared.....



4-H CLUB PLEDGE

I pledge —

My Head to clearer thinking,

My Heart to greater loyalty,

My Hands to larger service, and

My Health to better living, for

My club, my community, and my country.