



**SAWYER COUNTY  
4-H PROJECT RECORD**



**FOOD & NUTRITION PROJECT**

Name:	
Years in Project:	Years in 4-H:

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**PLANNING**

In this project, I would like to do and learn:


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**FINANCIAL STATEMENT**

Date	Description of Income or Expense	Income	Expense
Total Income and Expenses			

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**FOODS REVUE**

Did you participate in the Foods Revue?	Yes	No
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**SHARING**

How did you share what you learned with others? (Demonstrations, community service, talking to local clubs, helping other youth, Talent Explosion, district shows, State Fair, Clothing Revue, Food Revue, etc.) Do not include Sawyer County Fair.

Activity	Date/Location

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**SAWYER COUNTY FAIR EXHIBIT RECORD FOR THIS PROJECT**

What was exhibited	Placing

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**WAYS YOU RECEIVED HELP THIS YEAR INCLUDE:** (check all that apply)

<input type="checkbox"/>	Attended project training offered in the county
<input type="checkbox"/>	Attended project training offered at District or State Level
<input type="checkbox"/>	Guidance from 4-H Leader
<input type="checkbox"/>	Guidance from Parent
<input type="checkbox"/>	Reading and use of literature, books, audio visual resources
<input type="checkbox"/>	Guest presenters
<input type="checkbox"/>	Own knowledge
<input type="checkbox"/>	Help from friends/other youth
<input type="checkbox"/>	Other (describe)

**REFLECTING**

What did you do in this project?
What did you learn in this project? What did you learn about yourself?
What did you like about this project? Why?
What would you do differently in this project?
How can you use what you learned in other areas of your life?