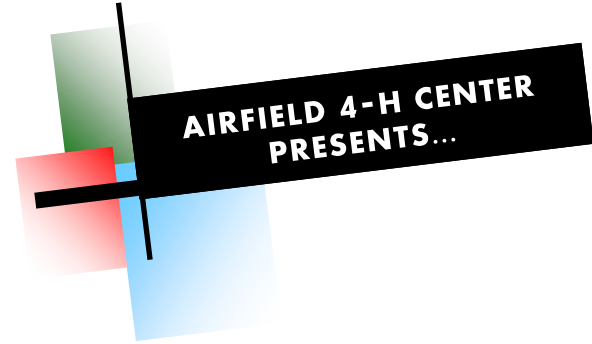




More than 120,000 youth participate in the 4-H Food and Nutrition Project, learning how to prepare nutritious meals and snacks that can help reduce their risk for chronic disease. This contest challenges teams to create a dish using only a pre-determined set of ingredients. From these ingredients, team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



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**FOOD
CHALLENGE
WEEKEND
JANUARY
25-27, 2019**



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



Schedule

Friday, January 25

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 26

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 27

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 25-27, 2019

- ⇒ Youth ages 9-13
- ⇒ Registration Fee: \$120.00
- ⇒ **Registration Deadline**
January 4th, 2019
- ⇒ The \$120 fee is non-refundable after
January 16th, 2019
- ⇒ 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

**Online Registration Available
Check our website!**

Registration \$120.00

REGISTRATION DEADLINE

January 4th, 2019

**The registration fee is non-refundable
after**

January 16th, 2019