

## JASPER COUNTY 4-H FOOD & NUTRITION WORKSHOP

## NOVEMBER 18, 2017 9 AM TO 2 PM

Courthouse Annex Kitchen—Jasper County 271 East Lamar Street, Jasper, Texas 75951



## **Learn the 4-H way:**

Prepare Simple Recipes
Food Show Prep
Food Challenge Tips
Nutrition Quiz Bowl
Hands on workshop for all youth!!!



All Jasper County 4-Hers are invited to attend to learn about the food and nutrition project!

There are several opportunities and contest and youth of all ages can participate.

SIGN UP BY <u>FRIDAY</u>, <u>NOVEMBER 3, 2017</u> BY CALLING 384-3721 SO WE HAVE ENOUGH SUPPLIES AN D MATERIALS FOR ALL YOUTH!

## PLEASE NOTIFY US OF ANY ALLERGIES WHEN YOU SIGN UP.



Person needing auxiliary services need to contact Texas A&M AgirLife Extension— Jasper County office at 409-384-3721 by November 3rd.