



Hello 4-H Food Project Youth and Parents!

For the last 12 years or so the Family and Consumer Sciences (FCS) Teacher Education program at Montana State University (MSU) has provided a 10 week 4-H food project experience in the Herrick Hall Food Lab (Room 120). This project serves many purposes: 1) It helps fulfill the Land Grant Mission of the University which is to provide teaching, research and outreach to all citizens of Montana; 2) It is a great service learning project for MSU senior FCS students (that will soon be student teaching in a middle school or high school food lab) to practice their planning and teaching skills with a small and friendly group of 4-Hers and 3) To provide an excellent 4-H experience with trained leaders who know something about food and nutrition.

Please consider this your formal invitation to come and join the fun during Spring Semester 2010!

In the fall, MSU students learn about methods of teaching, host one 4-H food night and apply for grant money to supplement the Food Project registration fee. During the spring, they plan and budget 10 weeks of fun 4-H food experiences. This year's theme is based on the popular movie Julie and Julia. Across the 10 weeks the recipes will be based off of Julia Child's cookbook "Mastering the Art of French Cooking."

Each week the MSU students create a detailed lesson plan, which will include lots of yummy food of course – but there will also be an emphasis on building knowledge and skills with regard

to nutrition, food safety & sanitation skills, culinary skills (including knife skills, vocabulary terms, special techniques, recipe reading and math skills) and multicultural education. The learning for students comes in the implementation of the lesson plan.

The following information is a summative outline of the ten week 4-H Foods Program for 2010.

Spring 2010 Foods Calendar

We do not offer separate evenings for Six Easy Bites or Foodworks or Teens Entertain – youth at every level are invited to attend. Please choose one of the three meeting times (Tues., Thurs., or Friday) that works best with your schedule each week. We are hoping that these times will work for most families.

Week of:	Tuesday 6-8pm	Thursday 6-8pm	Friday 4-6pm	Food Topic
Feb. 1 st	X	X	X	Pasta & Sauces
Feb. 8 th	X	X	X	Appetizers
Feb. 15 th	X	X	X	Vegetables
Feb. 22 nd	X	X	X	Poultry
March 1 st	X	X	X	Desserts
March 8 th	X	X	X	Breakfast
March 15 th	No 4-H Foods Meeting: MSU Spring Break			
March 22 nd	X	X	X	Fruit
March 29 th	No 4-H Foods Meeting: Easter			
April 5 th	X	X	X	Bread – Baking
April 12 th	No 4-H Foods Meeting: MSU MAFCS Conference			
April 19 th	X	X	X	Beef
April 26 th	X	X	X	Crepes
Grand Finale: To Be Announced				

Please RSVP to one of the leaders (contact information at the end of the letter) to let us know what night you are planning to attend so that we can plan accordingly.

We are asking for a \$25 registration fee per child at the first meeting. If the fee is a financial hardship, please contact Holly Hunts (406) 994-7993 or hhunts@montana.edu to work out a financial scholarship. This \$25 fee covers food costs and basic lab supplies (soap, plastic wrap, aluminum foil, paper towels, laundry detergent, etc.). A pretty good deal at \$2.50 a night! Please make checks payable to 4-H Food Project.

Youth are encouraged to bring their food project book with them each week; we will fill-out project record sheets in preparation for the fair.

Safety is our top priority. Each foods session will have two instructors present. We will not allow youth (under age 15) to leave Herrick Hall on their own. A parent or guardian will be expected to pick up youth after each meeting (see the Medical Release Form). The food lab telephone number is 994-7820, if you need to contact us or your child during our meeting times.

For safety and sanitation reasons, please make sure that your youth have closed toed shoes (no sandals/flip-flops), no dangling sleeves, and long hair should be pulled back. Aprons are always a good idea – unfortunately we cannot provide aprons but youth are welcome to bring their own.

Attached please find a “Medical Release Form” and a “Rules for food lab”. If possible, please bring the filled-out forms to the first meeting - again, your child’s safety is our top concern.

We understand that things come up and you may not be able to attend every week. We are happy to change meeting days for a particular week. Please call or email a leader and let us know ahead of time so that we can plan to have supplies for the appropriate amount each night.

Herrick Hall is located on the corner of Cleveland and 7th Avenue on the MSU campus. From Main St. take 8th Avenue south (only direction possible) until it ends at Cleveland Ave. (Be mindful of the 15 MPH speed limit along most of 8th Avenue!) Turn left (east) onto Cleveland and you will find a parking lot on the corner of 7th and Cleveland. Herrick Hall is a 4 story brick building on the right and it does have signage out in front. The food lab is in room 120 on the first floor.

Parking at MSU is always challenging. For youth attending the Tuesday or Thursday meetings parking will be allowed in the 15 minute parking in the back of Herrick Hall with a special 4-H pass (we will give these out to parents). Friday at 4 p.m. – parents can park in the 30 minute parking (near Cleveland Av.) to drop off kids – or just drop them off at the back door. Parking for anyone (except Child Development Center parents) in the 15 minute parking is only allowed after 5:30 p.m. – for Friday 6 p.m. pick-ups parents can park in the 15 minute parking lot. Parking in the “service drive” or “fire lane” is never allowed.

Parents are always invited in our classroom. However, we would ask that if parents simply want to chat with one another that they go up to the Herrick Hall lounge on the second floor so that 4-H youth can hear the leader’s instructions.

For more information feel free to ask any leader:

Leaders:

Haley Kovanda haley.kovanda@msu.montana.edu or 321-1172

Amber Stacy sophielake@gmail.com or 249-1517

Kally Lowney kally.lowney@msu.montana.edu or 491-1858

Annie Sinnott annie.sinnott@myportal.montana.edu or 750-3877

Holly Hunts, Professor hhunts@montana.edu or 994-7993

Thank you for considering our project and we hope to see you next week!

Sincerely,

MSU 4-H Foods Leaders