



April 10, 2025

Dear 4-H Member,

I am writing to make sure you understand what you need to study for the 4-H food/nutrition project judging on Saturday, July 12. 4-H judging will be held at the Chieftain Center.

You will want to read and know the information in your 4-H project book as well as the food groups and other information related to Choose My Plate. A My Plate flyer is enclosed. You can visit choosemyplate.gov/ to learn much more.

Enclosed is the menu form that you will need to complete and bring to judging, and the menu writing guidelines. **Write the menu based on a 2,000 calorie diet.** Make sure to indicate the serving size. *Also, include at least one food from your project book in your menu.*

Bring the following to judging:

- Completed 4-H book
- Completed menu form.
- A 3-pronged folder that includes 8 ½" x 11" pages. Create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of your project book. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate your work and knowledge. Each page could be different or could be a combination of styles that reflect your learning experience. There will be no points for scrapbooking style. Be sure to keep your folder. It can be used to represent what you've learned in your club's fair booth. Also, if you are selected to represent Hocking County at the Ohio State Fair, you will need to take your notebook with you.

All 4-H members are required to participate in project judging or the livestock Skillathon with one project – although they are encouraged to participate in all their projects. If you are unable to attend in-person judging on July 12, please call OSU Extension, Hocking County at 385-3222 to make an appointment for make-up judging. Make up Judging will take place July 21-23. Note that make-up judging is not eligible for project judging awards.

Feel free to call us, at 385-3222, if you have any questions. We are looking forward to seeing you during project judging.

Sincerely,

Kayla Nihiser
Extension Educator, 4-H Youth Development