



## **UConn Food and Nutrition Activities**

Come show off your knowledge in the Food and Nutrition area by participating in one or multiple activities this spring. Open to all UConn 4-H members.

**Activity 1: April 24<sup>th</sup>-4-H Cookie Decorating**  
(Registration Deadline- 4/21)

**Activity 2: May 8<sup>th</sup>- Nutritional Educational Exhibit**  
(Registration Deadline- 5/7)

**Activity 3: May 22<sup>nd</sup>- Statewide Cake Bake**  
(Registration Deadline- 5/19)

**Pre-registration is required for all events.**

**Register at <http://bit.ly/FoodActReg>**

### **Activity 1: UConn 4-H Cookie Decorating- April 24th**

You will have 4 hours to decorate four (4) regular (approx. 3"-5") sized cookies in response to the mystery theme and/or decorator's choice. The mystery theme will be announced at 10am during the event kick-off on WebEx. Link will be emailed to email used during registration on April 23<sup>rd</sup>.

You are to present two (2) regular sized decorated cookies per theme entered.

1. You may use any flavor or type of frosting or icing for your cookie design (for example, sour cream, buttercream, whipped cream, fondant, cream cheese, etc.).
2. You may use as many tools, frosting bags, and tips as you like.
3. You may use as many edible decorative items such as sprinkles, sparkles, herb leaves, and candies as you like.
4. You may share frostings, edible decorative items, equipment and tools with other contestants within the household.
5. Contestants are limited to one entry of two cookies per theme category per person.
6. Undecorated cookies may be purchased or homemade.
7. All creations are to the work of the registered 4-H member participating.

At the conclusion of the event, cookies will be presented by submitting a photo of each entry at <http://bit.ly/uconn4hcookie>. Deadline for entries is 2:00pm on April 24<sup>th</sup>.

## **Activity 2: Submit an Educational Exhibit by May 8th**

Create an educational exhibit on healthy living. Topics could include food safety, nutrition, food preparation, food preservation, mindfulness, food insecurity or another related topic of your choice. Formats may include a brochure, poster, electronic presentation, photo display or other format. Items entered in this category can be revised and entered at the 4-H Fair later in the year as well.

Documents should be submitted at <http://bit.ly/4hfoodpiece> by Saturday, May 8. Participants do not need to present on May 8<sup>th</sup> to participate. Entries will be evaluated and feedback will be provided to each participant via email.

## **Activity 3: Cake Baking- May 22nd**

You will be emailed a recipe prior to the event. Participants will prepare the designated recipe and then present the cake during a virtual meeting at 1pm on May 22<sup>nd</sup>. Members will be encouraged to self-evaluate their cake at the conclusion of the program. WebEx Link will be sent to participants prior to May 22<sup>nd</sup>.

**Participate in all three activities and earn a certificate and a 4-H prize.**

### **Explorer Members**

Enrolled UConn 4-H Explorer Members are welcome to participate in the above activities as participants. Explorer submissions will not be evaluated. Certificate and prize will be awarded to those Explorers who participate in all three activities. Parent/Guardian involvement is welcome to ensure safety of the members.

### **Questions?**

Contact UConn 4-H Educators, Jen Cushman at [Jennifer.cushman@uconn.edu](mailto:Jennifer.cushman@uconn.edu) or Peg Grillo at [Margaret.grillo@uconn.edu](mailto:Margaret.grillo@uconn.edu).

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