

Rusk County students participate in food, nutrition projects



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On Dec. 1, the Rusk County 4-H Food Show was held at the Rusk County Extension Office Meeting Room, and the second Rusk County 4-H Food and Nutrition Workshop was held following the county 4-H food show in order to practice for the upcoming 4-H Food Challenge Contest.

To participate in the food show, a 4-H'er may choose to prepare a dish in one of the four categories: Main Dish, Bread and Cereal, Fruit and Vegetable, Nutritious Snack.

For the food show, the 4-H'er individually takes their prepared dish and meets with a panel of judges. This allows the judges to view the dish

and ask questions regarding nutrient content, preparation details, etc.

At the Rusk County 4-H Food Show the following participated:

- Junior Division: Bread and Cereal — Edward St. Clair and Grace Pitts; Fruit and Vegetable — Maxx Curry and Kaylee White; Main Dish — Charlie Rodriguez; Nutritious Snack — Macy Rutherford;

- Intermediate Division: Bread and Cereal — Peyton Clifton; Main Dish — Olivia Clifton; Nutritious Snacks — Winter Curry; and

- Senior Division: Nutritious Snack — Brandelyn Cochran.

Also, as part of their community service as a group, the Rusk County 4-H Food and Nutrition Project 4-H'ers are collecting canned goods and non-perishable food items for the holiday season. Donation boxes are located at the Rusk

County Extension Office, 113 E. Fordall St., Henderson.

Congratulations to these

4-H'ers on a job well done, and good luck at the district show in 2019.



Courtesy photo

Participants of the 2019 Rusk County 4-H Food and Nutrition Projects. Back row, from left, Peyton Clifton, Maxx Curry, Winter Curry, Brandelyn Cochran, Charlie Rodriguez, Amelie White and Kaylee White. Front row, from left, Olivia Clifton, Macy Rutherford, Edward St. Clair, Grace Pitts and Abigail Clifton.