Project Leader:

Shawn Eggers (916) 508-1953 call/text fueledforhouston@yahoo.com

1. Call Meeting To Order
	1. Attendance
2. Flag Salute and 4H Pledge
3. Hand out Project Report Form for next club meeting (\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_)
4. Remembering Kitchen Safety
5. Pre-Project Discussion
	1. History
	2. Nutrition & Health Benefits
6. Skills Session – Making Asian Inspired Stuffed Cabbage Rolls
	1. Read the Recipe
	2. Recipe Prep
	3. Remembering your steps
	4. Checking off ingredients
	5. Keeping your stations clean
7. Project Discussion – while the cabbage rolls bake
	1. Key ingredients for a balanced meal
	2. Substitutions
	3. Fun Facts
	4. Trivia Question
8. Taste testing our cabbage rolls
9. Post-Project Discussion
	1. What did you Like/Dislike?
	2. Did anything happen that you weren’t anticipating or not prepared for?
	3. Were you satisfied with your results?
	4. What would you do differently next time?
	5. Additional comments?!?!
10. Leader Report
	1. Upcoming events –
		1. Spring Garden Fundraiser deadline April 6th.
	2. Next Project and Club Meetings
		1. **Next Project Meeting** is May 23rd 2021 at 1 PM via Zoom.
		2. **Next Club Meeting** is April 5th, 2021 at 7 PM via Zoom.
11. Reflection and Closing Remarks
12. Adjournment
13. Cleanup and KP Duty – Remember Kitchen Safety

Notes: