Project Leader:

Shawn Eggers (916) 508-1953, [fueledforhouston@yahoo.com](mailto:fueledforhouston@yahoo.com)

1. Sign-in Sheet/Call Meeting To Order
2. Flag Salute and 4H Pledge
3. Project Rules – To be posted at each meeting as a reminder to all. Mention anything additional to add to the list.
4. Project Activities / Skills Sessions
   1. Working with raw meat/poultry
      1. Clean – hands and surfaces often after touching raw meat and before moving on to something else
      2. Separate – raw meats from other foods
      3. Cook – to the right temperature
      4. Refrigerate – foods promptly
   2. Using a knife & cutting board
      1. Remember kitchen safety
   3. Boiling water
   4. Making Chicken Pasta
   5. Project discussion
      1. Substitutions (broccoli/cauliflower/spinach, sundried tomatoes/stewed tomatoes/canned tomatoes/fresh tomatoes, cooked chicken/leftover chicken/raw chicken, plain Greek yogurt/cream cheese/Neufchatel/pureed cottage cheese)
      2. Additional mix-ins (i.e. Mushrooms, Bell Peppers, Onions, Zucchini, Eggplant)
      3. Spicing it up (i.e. pepper, red pepper flakes, basil, oregano, garlic, parsley, lemon pepper, onion powder, Italian spice)
5. KP Duty and cleanup – Each team has a job
6. Leader Report
   1. Project forms/Emergency contact
   2. Project dues – Please Pay $40 ASAP to the club Treasurer (Sunshine Haas) if you haven’t already.
   3. Upcoming events – County fair
      1. Start thinking about what you want to enter for the fair or if you want to enter at all. \*Keep in mind entry deadline dates and rules for entries. http://sacfair.com/?gclid=CO2Gq9GYjsoCFdBefgodTs4P0Q
7. Hand out Project Report Form for next club meeting
8. Next Project and Club Meetings
   1. Next Project Meeting February 7th, 2016, from 2:15 to 4:15 at the Elk Grove United Methodist Church basement.
   2. Next Club Meeting is January 4th, 2016 at 7 pm at the Country Oaks Baptist Church – Meeting theme is Pajamas.
9. Reflection and Closing Remarks
10. Adjournment