Project Leader:

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1. Sign-in Sheet/Call Meeting To Order
2. Flag Salute and 4H Pledge
3. Project Rules – Keep them in mind
4. Project Activities / Skills Sessions
   1. Kitchen safety –
      1. Knife safety
      2. Mandolin safety
      3. Peeler safety
      4. Blender/processor safety
   2. Picnic, Appetizer, or Snack foods – choosing nutrient dense options with good sources of fat
      1. Greek Chicken Salad Sandwiches
         1. High in protein and good source of B-vitamins, Vitamin C, Calcium, Iron, & Magnesium
         2. Tasty on crackers, ciabatta rolls or in pita bread
      2. Cucumber Feta Rolls
         1. Good source of vitamins A, C, & K, Potassium, Phosphorus, Calcium, Protein, and B-vitamins
         2. Could be served with apple slices or artichoke bruschetta
      3. Super Easy Hummus
         1. Low in fat, good source of Potassium, Fiber, Protein, Iron, Magnesium, and Vitamins B6 & C.
         2. Tasty with chopped veggies, pita chips or pita bread
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. Annual Project Report Forms
   4. 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 date is Friday, April 15th, visit the fair website for entries and rules. 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 May 1st, 2016, from 2:15 to 4:15 at the Elk Grove United Methodist Church basement.
   2. Next Club Meeting is April 4th, 2016 at 7 pm at the Country Oaks Baptist Church.
9. Reflection and Closing Remarks
10. Adjournment