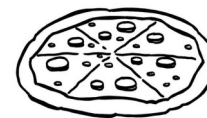




October 2015

Troup County 4-H

Pizza in the Park Saturday October 17th 11am. (For all Troup County 4Hers)



Our monthly service project, Pizza in the Park will be Saturday October 17th at 11am. We will be meeting at West Point River Park at the pavilion at the east entrance and cleaning up the trails. Following clean up, lunch will be pizza in the park. Please let the Extension office know if you plan to attend so we can bring enough pizza! Please wear long pants, closed toed shoes and plenty of bug spray. We don't want any uninvited ticks!

Cotton Boll and Consumer Jamboree (all 5th-12th grade Troup County 4Hers)



It's time to start warming up for one of the coolest competitions in 4H, Cotton Boll and Consumer Jamboree! Use your creativity to create an advertisement on the importance of cotton and get some great shopping skills by learning how to pick out the best product for your money in any given situation. Then on November 5th we will go "bolling" against the rest of the district.



Practices will be on October 8th, 15th, 20th, 22nd and November 3rd from 4-5pm at the Extension Office.

National Food Day Celebration (All Troup County 4H students) October 24th 2015, 12:30-2pm



October 24th is National Food Day! A whole day dedicated to celebrating food and Troup County 4-H is taking part by having an Apple Crunch Cook-Off. Find an already existing recipe or create one of your own with apples as the main ingredient. Submit your recipe along with a picture of your creation to Melanie Dabb meld15@uga.edu before **October 22nd**. Recipes will be judged on healthiness, creativity, use of apples and taste. No inedible ingredients will be allowed. The winners will be announced on our Facebook page on October 24th. Winners will receive prizes!

Peanutrition (5th-8th Grade Students)



This year the Georgia Peanut Commission is sponsoring the statewide 4-H Peanutrition Contest. Peanutrition is a food and nutrition activity for 5th through 8th grade students. Let's see how well you can use peanuts creatively in recipes as well as appreciate the variety and versatility of peanut products. For **5th and 6th Graders**, each person who wishes to participate must submit a recipe for his/her favorite peanut butter sandwich.

Before the recipe may be submitted, 4-H'er must have made the sandwich at home. Any recipe with inedible items will be disqualified.

The recipe should list ingredients yielding 1 sandwich, as well as directions for assembling the sandwich. Recipes can be written on the PeaNutrition Recipe Contest Recipe Card or on a recipe card of your own.

Recipes will be judged on nutrition, appeal, creativity and presentation.

For **7th-8th Graders** each participant must submit a recipe for his/her favorite uncooked snack containing a peanut product.

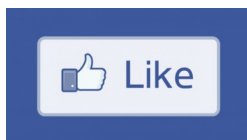
The recipe should yield 1 serving and must include a minimum of either 1/4 cup peanuts (any kind: raw, roasted, salted, dry roasted, chopped or ground); or 2 T. peanut butter or other peanut products.

To participate submit your recipe along with a picture of your creation to Melanie Dabb meld15@uga.edu before **October 22nd**. You may also email to get the Peanutrition Recipe Card.

The winners will be announced on our Facebook page on October 24th. There will be t-shirts and prizes for the winners in each category!

To Register for an event or for more information contact the Troup County Extension Office.

Follow us on Facebook!
**Troup County 4-H and
Troup County Extension**



Earn Money for DPA (7th-12th grades)

October 7th-17th Tractor Supply will be hosting their annual cloverleaf campaign. We want to create a display to advertise what makes 4H so great. We need posters for the front display area of the store. You can create a 4H poster and submit it to the Extension Office by October 6th. If you submit a poster for display a portion of the proceeds will go towards your DPA costs.

4-H Junior Conference

Junior Conference "Honoring America thru 4-H" plans are underway! The Junior District officers are excited about a weekend full of red, white, and blue while celebrating all that we can accomplish as citizens in the past, present, and future!

Who: 7th and 8th grade 4-H'ers

What: 4-H Junior Conference

When: November 14-15, 2015

Where: Rock Eagle 4-H Center

Why: To learn more about 4-H, meet new friends, celebrate all we can do, and to have some fun

Space is limited so sign up early! Cost is \$70.00 before Oct. 26th \$75.00 Oct. 27th- Nov. 4th and \$80.00 Nov. 5th- Nov. 14th if there is still space available. Contact the Troup County Extension Office meld15@uga.edu for registration.

Senior 4HLeaders Needed! (All Troup County High School 4Hers)

Troup County 4-H has two big projects coming up in December. The LaGrange Christmas Parade and a community Christmas party. We need senior 4Hers to serve on the committee to plan these events. It will require at least 2 meetings and more if necessary sometime in November. If you are interested in being on this committee email Melanie Dabb meld15@uga.edu before October 17th and we will coordinate a meeting time that works for everyone involved.



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