



Food Challenge Boot Camp



Do you want to learn to cook? Improve your skills in the kitchen? Try your hand at a “Chopped” or “Iron Chef” style cooking competition?

Then try the Food Challenge Boot Camp this summer! This workshop is geared for those youth 8 years old to 18 years old.

On day one, we’ll cover basic kitchen equipment and how to use it. We will practice the most accurate way to measure wet and dry ingredients, Also covered will be basic

knife skills and cooking skills. We’ll fix our own meal and eat it!

Day two—we will step up to the challenge! Overview of the 4-H Food Challenge contest, strategies on how to approach the mystery basket of ingredients, and practice cooking a few recipes. Again, we will cook our own meal.

Class size is limited to 6 participants to maximize hands-on time cooking & learning. Call now to reserve your space!

Registration deadline is August 1. In order to

hold your spot in the camp, completed registration forms must be received by the deadline.

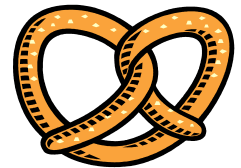
Who: Youth, ages 8–18

When: August 6 & 7

1:30–4:30 pm

Where: Limestone County Extension office kitchen

If you are a parent who would like to volunteer to help, please give us a call! We would love to have your assistance.



Contact:
Vanessa Casad
254-729-5314

 Camper’s Name

 Allergies, special needs, accommodations, etc.

 Parent or guardian name

 Parent or guardian signature, date

 Email address for camp information, etc.

- | Sign up for: | Price |
|--|---------|
| <input type="checkbox"/> Food Challenge Boot Camp, August 6 & 7, from 1:30 pm to 4:30 pm, 4-H member price | \$10.00 |
| <input type="checkbox"/> Food Challenge Boot Camp, August 6 & 7, from 1:30 pm to 4:30 pm, non-member price | \$20.00 |

 Emergency contact and relationship to camper

Texas A&M
AgriLife Extension
Service

200 W State St G-14, P.O. Box 191
 Groesbeck, TX 76642
 Ground floor of the courthouse

 Emergency contact phone