

HOW TO REGISTER...

PARTICIPANTS, TEEN VOLUNTEERS, AND ADULT VOLUNTEERS MUST CONTACT YOUR LOCAL VIRGINIA COOPERATIVE EXTENSION OFFICE. ALL REGISTRATIONS AND PAYMENTS MUST BE SUBMITTED THROUGH YOUR LOCAL EXTENSION OFFICE.

QUESTIONS?

Contact Ryan Edwards at
Holiday Lake 4-H Center
434-248-5444
ryaned@vt.edu

**Holiday Lake 4-H
Educational Center
1267 4-H Camp Road
Appomattox, VA 24522
434-248-5444**

WWW.HOLIDAYLAKE4H.COM



HOLIDAY LAKE 4-H EDUCATIONAL & VIRGINIA COOPERATIVE EXTENSION PROGRAMS AND EMPLOYMENT ARE OPEN TO ALL, REGARDLESS OF AGE, COLOR, DISABILITY, GENDER, GENDER IDENTITY, GENDER EXPRESSION, NATIONAL ORIGIN, POLITICAL AFFILIATION, RACE, RELIGION, SEXUAL ORIENTATION, GENETIC INFORMATION, VETERAN STATUS, OR ANY OTHER BASIS PROTECTED BY LAW. AN EQUAL OPPORTUNITY/AFFIRMATIVE ACTION EMPLOYER. IF YOU ARE A PERSON WITH A DISABILITY AND DESIRE ANY ASSISTIVE DEVICES, SERVICES OR OTHER ACCOMMODATIONS TO PARTICIPATE, PLEASE CONTACT THE 4-H CENTER AT 434-248-5444 FROM 8:00 A.M. TO 4:30 P.M. TO DISCUSS ACCOMMODATIONS 5 DAYS PRIOR TO THE EVENT.
*TDD NUMBER IS (800)828-1120



4-H Food Frenzy

January 17-19, 2025



Activites

- Food Safety & Preparation sessions
- Healthy Eating Habits
- Fun food-filled workshops:
 - Grill Masters
 - Grandma's Baking
 - Quick 'n' Easy Eats
 - Flavortown
 - Pizza Palooza
 - And More!
- Team up and create delicious one-bites with the help of a professional chef!

Prices & Policies

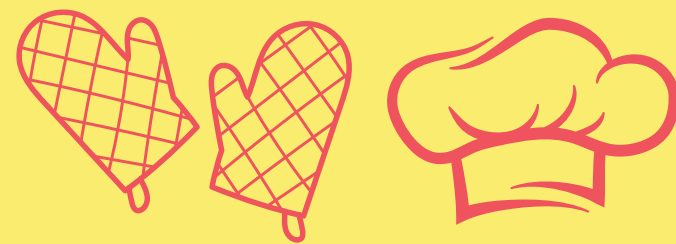
Participants (ages 9-18): **\$125**

Teen and Adult Volunteers: **\$25**

Registration Deadline: **1/3/2025**

- \$50 returned check fee

What is the 4-H Food Frenzy?



Spend a weekend at camp learning how to cook and improving your culinary skills!

WHERE?

4-H Food Frenzy will be held at Holiday Lake 4-H Educational Center in Appomattox, VA. Transportation is not provided. Please plan accordingly!

WHEN?

The date of the event is: January 17-19, 2025

Check-in: 1/17, 5:45-6:30 PM

Check-out: 1/19, 12:15 PM

WHO CAN REGISTER?

All youth ages 9-18 are eligible to register as a participant.

Teens/Adults may apply to volunteer at this event through their local UCE Office.

ADDITIONAL INFO AND SCHEDULE

Additional information and the schedule for the program can be found at www.holidaylake4h.com/foodfrenzy

LEARNING OBJECTIVES

- Kitchen & Food Safety
- Cleanliness
- Knife safety and skills
- Food preparation
- Cooking methods
- Independence
- Responsibility
- Team work
- Public speaking
- Creativity
- Nutrition
- Healthy foods and cooking
- Portion Sizes