

# *Jones County 4-H*

## *Foods Project Kick-off*



**Monday, October 16, 2017**

**5:30 – 7:30 p.m.**

**Lawrence Hall Activity Center in Anson**

### **Topics to be covered:**

**MyPlate ♦ Nutrients ♦ Food Safety/Preparation**

### **Find out more about 4-H Contests:**

**Food Show ♦ Quiz Bowl ♦ Food Challenge**

**Open to all 4-H youth, parents and adult volunteers.  
Volunteers are encouraged to attend.**

**Bring a friend and a non-perishable food item to be  
donated to a local charity. Please RSVP by October 12.**

For more information, please contact:

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**County Extension Agent – FCS**

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