

4-H Foods Revue 2023

Name: _____

Address: _____

City and Zip: _____

Phone Number: _____ Grade: _____

4-H Club: _____

Email: _____

Cloverbuds (K – 2nd grade)

1. Simple Food
2. Simple Beverage

Explorers (3rd – 4th grade)

3. Simple Breakfast Item
4. Simple Cold Lunch Item
5. Simple Bar or Cookie (3)
6. Microwave Snack

3rd – 5th grade

7. Salad
8. Main Dish
9. Dessert (not cookies or bars)
10. Any Bread

6th – 8th grade

11. Salad
12. Main Dish
13. Dessert
14. Any Bread
15. Dish Made in Crockpot/Slow Cooker

9th grade and older

16. Brunch
17. Dinner
18. Party
19. Food for a Special Need
(i.e. low fat, high iron,
high fiber, low calories, etc.)

Dept. 25 Class DD	Lot #	Description

BE SURE TO INCLUDE YOUR RECIPES WITH YOUR REGISTRATION!

REGISTRATIONS ARE DUE JUNE 13.

Send completed form to:

Extension Clark County
Attn: Foods Revue
517 Court Street, Room 104
Neillsville, WI 54456

Fax: 715-743-5129

Email: ClarkCounty4H@co.clark.wi.us

My recipe contains possible food
allergens (check all that apply):

- _____ Milk
- _____ Eggs
- _____ Peanuts
- _____ Peanut Butter
- _____ Fish
- _____ Shellfish
- _____ Tree Nuts
- _____ Wheat
- _____ Soy