



4-H Flavorful

*Hands in the Kitchen, **Hearts at the Table.***

Information Guide for Families and County Offices

Purpose

4-H Flavorful is a free at-home cooking program that brings families together in the kitchen and around the dinner table. The program gives young people hands-on experience preparing home-cooked meals, trying new foods, encouraging family time, developing communication skills, and having fun! Cooking at home also helps 4-H youth build important life skills such as responsibility, creativity, and healthy living. Through Flavorful, families are guided through fun, safe, and educational cooking lessons they can enjoy together.

Who should participate?

4-H Flavorful is a great experience for youth of all ages. Younger members can work with a parent or caring adult to create their recipes, while experienced 4-H chefs can test their independence and culinary skills creating the recipes. 4-H Flavorful is open for any who registers for the program (including 4-H Volunteers, Cloverbuds, members from other states, non 4-H families).

How does it work?

Youth will receive monthly themed recipes for one complete meal, educational information, nutritional facts, conversation starter topics and ideas for a family physical activity through the SDSU Extension Website at the beginning of each month of December through March. Families are responsible for purchasing the ingredients to prepare the recipes. After the completion of the monthly recipe, please scan the QR code to answer the questions along with submitting pictures that will be used for reports.

Member expectations:

After completing the monthly program, participants will be asked to scan QR code and complete a brief evaluation about knowledge gained as a result of the program.

What is included:

Each participating family/household will receive a monthly packet via the SDSU Extension Website with recipes for a main dish, side and dessert, as well as table topics, educational information and family physical activity.

How much does it cost?

This program is FREE.

Possible Programming at County Level

- Upon receiving photos and responses to questions via QR Code, members become eligible to receive the next month's shipment of a kitchen tool to be used with the next set of recipes. Example of Kitchen Tools:
 - Spoon
 - Cutting Board
 - Spatula
 - Measuring cups
 - Oven Mitts
 - Dish Towels
- Counties can host an optional in-person event of cooking a meal together, learning about kitchen skills such as table setting, different kind of knives, etc.

Parent/Leader Tips

- Encourage youth to take the lead but provide supervision.
- Allow for mistakes – they are part of learning.
- Praise effort, not just results.
- Cook together as a fun family activity.
- Always ensure age-appropriate supervision when using knives, hot surfaces, and kitchen appliances