



Power Foods

Project Information Page



Power Foods will introduce members to the idea of eating and preparing foods to fuel their bodies! Members will review the basics of food safety and preparation tips, proper measuring techniques and Canada's Food Guide recommendations. This project will also focus on cooking/baking with power (protein) foods including everything from nuts to legumes, eggs, meat (& meat alternates) and fish. Members will also be responsible for planning, prepping, cooking and serving a meal for invited guests, which makes this an ideal project for group participation.

Project Requirements

- Picture of member with a Energy Bars** (2 bars 1.5" x 3" or 3.75 cm x 7.5 cm)
NOTE: in effort to eliminate unnecessary food waste, members are asked to submit only a picture of themselves with the food item listed above - *Exhibition requirements are different & are listed below*
- Folder (or Album) with a report on the meal as prepared and served including (but not limited to):
 - recipes used
 - the time it took for planning, preparation and cooking
 - who was invited/who attended
 - reasons to support if you would make the meal again and why.
- 5 Additional Power Food Recipes
- Project Page** specific to Home Economic

4-H Year Completion

The following must be completed/documented by the Club's Achievement Day in order to complete the 4-H year

- Project Requirements** as outlined above
- Communications** (public speaking or demonstration)
- Community Service** Activity
- Agriculture Awareness** Activity
- Member Documentation** (4) pages found in the member's binder **OR** on the 4-H PEI website

Exhibition Requirements

Energy Bars (2 bars 1.5" x 3" or 3.75 cm x 7.5 cm)

**Members are strongly encouraged to participate in the 4-H Classes at PEI Fairs & Exhibitions.
Please check with your Project Leader or visit pei4h.ca for more Exhibition information.**

NEED TO KNOW...

- Project Resources (if available) can be found on the 4-H PEI Website or by contacting your 4-H Specialist.
- The Provincial Newsletter is published & emailed mid-month and is updated regularly with project/program info
- Achievement Day serves as the completion event for the 4-H year. Members are expected to have all project documentation and any tangible items present at this event and only members in good standing (in receipt of 4-H Year completion) will be able to participate in classes at Exhibitions and/or be nominated /apply for Annual Awards.