



Microwaving with Island Foods

Project Information Page



Similar to the Food & You Series, members will learn a wide range of kitchen and food-related information, including food safety, kitchen tools, measuring techniques and Canada's Food Guide recommendations. Instead of using traditional methods for preparing (cooking or baking) foods, members will be preparing foods using only a microwave and learning the best practices to use.

Project Requirements

Picture of member with a Apple Crisp

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*

- Recipe File (with *at least 8 microwave recipes*)
- Scavenger hunt of "Island" foods in Grocery Store
- Project Page** specific to Home Economics

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

Apple Crisp in a microwave safe or reusable dish

**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.