



# Foods Across Canada

## Project Information Page



What better way to explore our country than through food and where it comes from! In this project, members will select four provinces or territories to explore, taking time to research each, learning about the culture, native foods and the relationships between the two. Finally, the food preparation part will include preparing recipes native to the regions chosen by the members for this project!

### Project Requirements

- Picture of Member with a PEI Potato Cake, no icing**  
**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 ONE selected province/territory including (but not limited to):
  - foods associated with the province or territory
  - Essay of at least 200 words about the cultural background and/or geography as it pertains to food
  - 6 recipes featuring one or more foods from the province/territory, and a photo of one of those recipes as prepared by the member
- 3 to 4 recipes from four (4) **additional** provinces/ territories, indicating what food product (s) are associated with that region of Canada
- Project Page** specific to Home Ec Projects

### 4-H Year Completion

The following must be completed/documentated 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

PEI Potato Chocolate Cake (one quarter of the cake) no icing, plated

**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](http://pei4h.ca) for more Exhibition information.**

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#### 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.