



School is back, fall is underway, and San Saba County 4-H is ready to take on this year!

We have so many exciting things planned for this year and we want YOU to be a part of it!

If you're someone who enjoys baking, creating something from nothing, or you just have a favorite recipe that you like to show off, then maybe Food Show is for you!

Food Show is a contest where you prepare a dish the night before and present it to judges the next day.

Your dish can be from one of the 4 categories: *Main Dish, Fruits & Vegetables, Breads & Cereals, and Nutritious Snacks.*

Juniors and Intermediates give a 5 minute presentation over why they chose that recipe and the nutrition behind it.

Seniors will have 5 minutes for their presentation and 4 minutes for their interview.

If presenting is not our thing you can enter the Foods and Nutrition Exhibit Contest. Food and Nutrition Exhibits should relate to one of the following topics: Basic Nutrition; Food Preparation Skills and Storage; Nutrition and Health; Consumer Information; or Kitchen and Food Safety.

Exhibits may be entered by an individual or a group.

Important Dates

September 17- 4-H meeting

October 2- Ag Safety Day

October 7-11- National 4-H Week

October 7- Movie Night @ Civic Center @ 5:30pm

October 9- Pumpkins at Nursing Home

October 10- T-shirt Day

October 11- Photo/Essay Contest Day

October 15- 4-H Banquet/October meeting @ Civic Center

October 24- Food Show Workshop



Don't forget to like us on Facebook @SanSabaCo4H to stay up to date on all of our events!

National 4-H Week is right around the corner! Through October 7-13 join us in showing your 4-H pride by participating in our activities that we will have going throughout the week!

Monday 10/7-Movie & Pumpkin Decorating Night

Movie Night will be 5:30 to 7:00 pm at the Civic Center. We will have snacks and be watching Hocus Pocus. During that time we will also have pumpkin decorating and we will be delivering those pumpkins to the elderly later on in the week!

Wednesday 10/9- Visiting Nursing Home

We will be meeting at 4:30 pm at San Saba Nursing and Rehabilitation Home to drop off pumpkins to the residents and visit with them.

Thursday 10/10- T-Shirt Day

Wear your 4-H T-Shirt to school and out! If you don't have a 4-H shirt don't worry! Just wear something green to show your support!

Friday 10/11- Photo/Essay Contest

Submit a Photo with a description or and Essay on why you love 4-H and what you think it has to offer to Kailey.Miller@ag.tamu.edu. Every submission will be featured on our Facebook page but we will be picking one winner to win a gift card!



San Saba 4-H Banquet



Join us on October 15th at the Civic Center for our Banquet!

We will be recognizing our members for all of their accomplishments, as well as recognizing the wonderful people in our community who have helped us!

We will be having a Costume Contest for our members! Prizes will go to the Scariest, Funniest, and Best Overall Costume!

When: October 15, 2019

Where: Civic Center

Time: 5:30 pm

Don't forget to like us on Facebook @SanSabaCo4H to stay up to date on all of our events or email Kailey.miller@ag.tamu.edu to be added to our 4-H Email List!

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