

# 4-H PROJECT RECORD

Project Title: Health Years in Project 2

1. **Goals for this project:** Things I plan to do or learn (fill in at the beginning of the year).

- A. Complete a Healthy Club form for Walle Wonders
- B. Learn more about essential oils
- C. Find new gluten free options
- D. Spread awareness about accomodating gluten intolerances
- E. \_\_\_\_\_

2. **What did I accomplish in my project and what did I learn from it:** List the things you did list the things you made in this project during the year (fill in the form as items are completed the year). At the bottom include all money spent or earned and profits or losses when applicat appropriate.

- A. Found new restorants with gluten-free options - and tried them
- B. Explained how to accomodate gluten free people during Ste
- C. Ambassador retreat
- D. Kept a record of our club's activities and snacks
- E. Took an American Red Cross CPR & first aid certification @
- F. Assembled solar ovens with my church for the Dominican Repub

Total money spent/earned on project: \$0 Profit/Loss: \$0

3. Did I exhibit a project at the fair?  Yes

4. **Project Presentations:** List all talks and demonstrations (local 4-H club, community, county, or state levels) given related to this project. (Do not include the Fair.)

Title of presentation	Where given	Audience size
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

What do you feel is your best accomplishment or achievement in this project over the past year?

I was successful in explaining that gluten-free options are not hard to substitute and fit in to various people

**Project Extras:** (Optional for 12-14 year olds—required for 15-19 year olds.) This area is to tell us more about your project. You can include photos, news articles, video, computer program or any other form of information to tell us what you did or what you learned. Be as creative as you would like to be. Attach project extras to this form or include items when records are turned in.



I went with a group from my church to assemble Solar ovens. These ovens will allow families in the Dominican Republic to sanitize water and Cook meals.

Our club rang Salvation Army Bells at Christmastime

