



# 4-H RECORD

ALABAMA COOPERATIVE EXTENSION SYSTEM / ALABAMA A&M AND AUBURN UNIVERSITIES

## Frozen Foods, 20\_\_\_\_\_

Name \_\_\_\_\_ Age \_\_\_\_\_

### 1. Fruits

(Include assistance given at home.)

Month	Name of Fruit	Pints	Quarts	Month	Name of Fruit	Pints	Quarts
<b>Total</b>				<b>Total</b>			

## 2. Vegetables

(Include assistance given at home.)

Month	Name of Vegetable	Pints	Quarts	Month	Name of Vegetable	Pints	Quarts
<b>Total</b>				<b>Total</b>			

## 3. Meat, Poultry, and Fish

(Include assistance given at home.)

Month	Kind of Meat, Poultry, or Fish	Pounds	Month	Kind of Meat, Poultry, or Fish	Pounds
<b>Total</b>			<b>Total</b>		

### 4. Cooked Foods

(Include assistance given at home.)

Month	Kind of Food	Packages	Month	Kind of Food	Packages
<b>Total</b>			<b>Total</b>		

### 5. Assistance Given to Others

(Examples: aunt, neighbor, etc.)

Month	Kind of Food	Pints	Quarts	Pounds	Packages	Who You Helped
<b>Total</b>						

## 6. Summary for the Year

Products	Pints	Quarts	Pounds	Packages
Fruits (totals from page 1)			×	×
Vegetables (totals from page 2)			×	×
Meat, Poultry, and Fish (totals from page 2)	×	×		×
Cooked Foods (totals from page 3)	×	×	×	
Assistance Given to Others (totals from page 3)				
<b>Grand Total</b>				

On a separate sheet of paper, write what you did this year in the following activities. Attach it to this record sheet.

1. List meetings and tours you attended that were about freezing foods.
2. List demonstrations you gave on freezing foods or frozen food equipment. A demonstration is showing one or more people how to do something. Write: (1) what the demonstration was about (freezing peas, freezing cookies, etc.); (2) where you gave the demonstration; (3) how many people saw you give it.
3. List each time you showed your frozen foods to an individual, at a club, or at a county-wide event.
4. List the adults you gave information to. List the young people.
5. List the TV and radio programs you were on that were about freezing foods. Write down what you talked about and the name of the station.

6. Attach copies of news articles you have written.

7. List the times you helped judge frozen foods in a local or county exhibit.

8. List the times you gave a talk about your project. Write down the name of the group who heard you.

9. Write down new information you learned about freezing this year. List the books or leaflets you got this information from.

10. List foods you froze this year that you had never frozen before.

11. Attach photos of yourself giving demonstrations, exhibits of your food, talks, radio and TV programs, etc.

12. List honors and awards you received in this project.

13. List anything else you did on this project.



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For more information, call your county Extension office. Look in your telephone directory under your county's name to find the number.

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