



CONNECTICUT 4-H
PROJECT RECORD



HEALTHY LIFESTYLE EDUCATION PROJECT RECORD
Foods & Nutrition

Name _____ Years in Project _____ 4-H Program Year _____

Please check what you selected as your project area. Use one Record Sheet for each unrelated project area.

Foods & Nutrition EC
 Foods Safety ECB

EFNEP ECA
 Food Preservation ECC

Describe your Foods & Nutrition project:

What nutritional or food safety practices did you follow this year? (i.e. checking serving size, balanced menu selections, proper food handling, measuring nutritional intake, etc.)

FOODS PRESERVED OR PREPARED

DATE	FOOD ITEM	QUANTITY/NUMBER SERVED
Examples 00/00/00	Canned tomatoes or Prepared lasagna casserole	4 quarts served 6 at family dinner