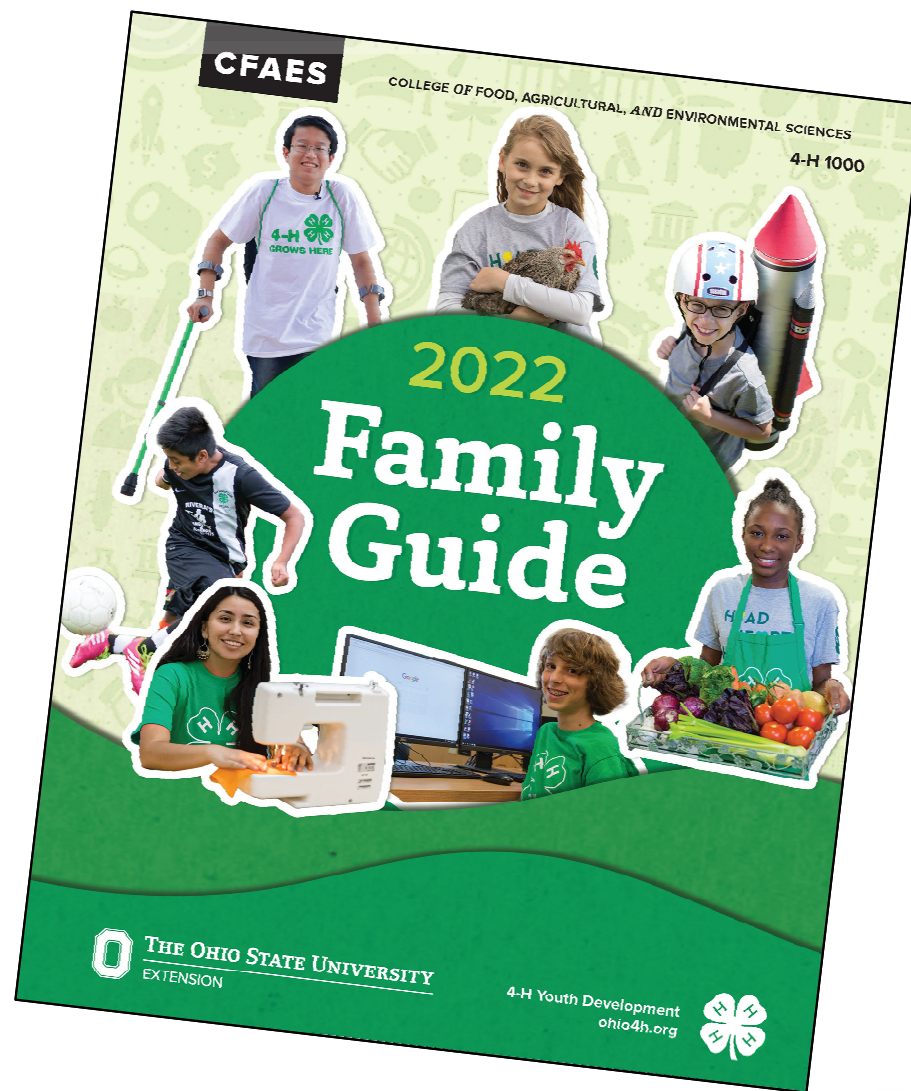


2022 Ohio 4-H Publications

What's New?

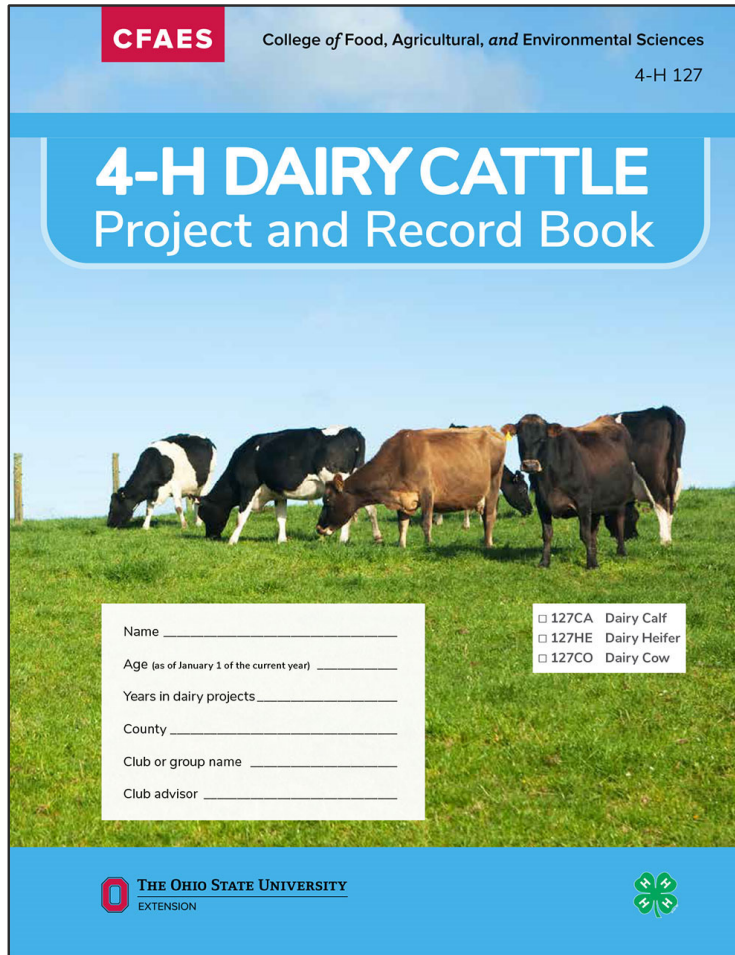


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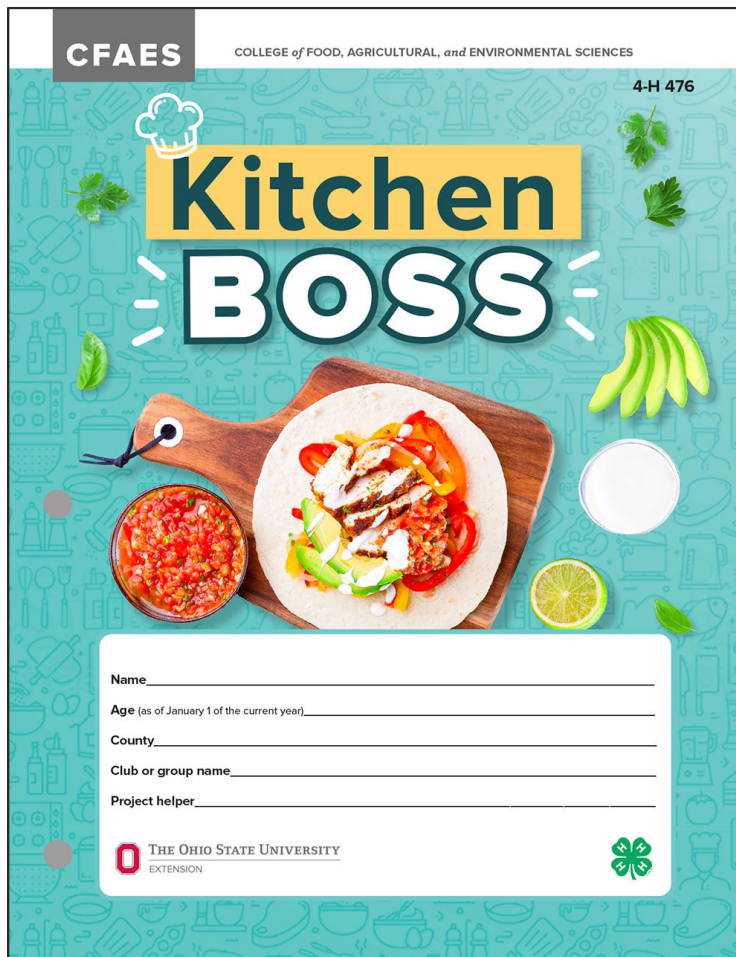
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Dairy Cattle Project and Record Book (127)

- Youth taking a dairy project — calf, yearling/heifer, or cow—use this updated project and record book.
- Updated with opportunities for youth to direct their own learning about raising and caring for a dairy animal.
- New annual focus questions keep content meaningful.
- Required resource is 127R *Dairy Resource Handbook*.
- All levels.



The poster features a teal background with a pattern of white kitchen icons. At the top left is the CFAES logo and the text 'COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES'. At the top right is the code '4-H 476'. The title 'Kitchen BOSS' is prominently displayed in the center, with 'Kitchen' in a yellow box and 'BOSS' in large, bold, white letters with a black outline. Below the title is a photograph of a wooden cutting board with a burrito, a bowl of salsa, sliced avocados, a lime, and a small bowl of white sauce. At the bottom left, there is a white registration form with fields for Name, Age (as of January 1 of the current year), County, Club or group name, and Project helper. At the bottom right, there is a logo for The Ohio State University Extension, which includes a red 'O' and a green four-leaf clover.

CFAES COLLEGE of FOOD, AGRICULTURAL, and ENVIRONMENTAL SCIENCES 4-H 476

Kitchen BOSS



Name _____

Age (as of January 1 of the current year) _____

County _____

Club or group name _____

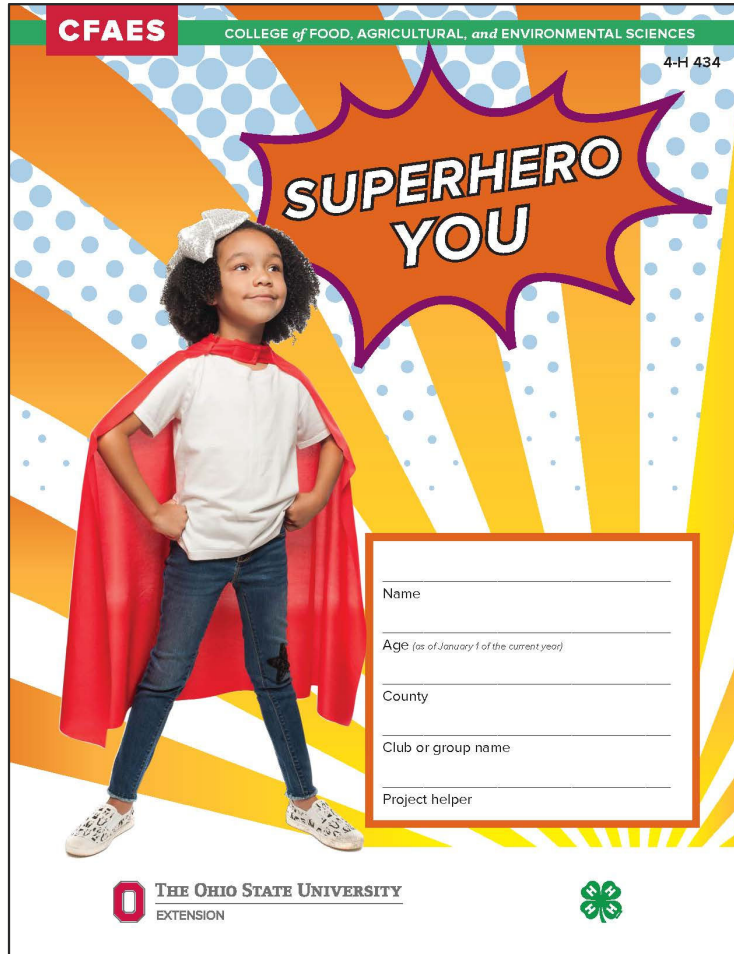
Project helper _____

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Kitchen Boss (476)

- Plan, prepare, and present delicious food like the culinary boss you want to be!
- For members exploring cooking as a profession or simply developing their kitchen skills.
- Focus is on cooking methods, becoming familiar with tools and equipment, and experimenting with ingredients and flavors.
- Advanced level. State fair eligible.



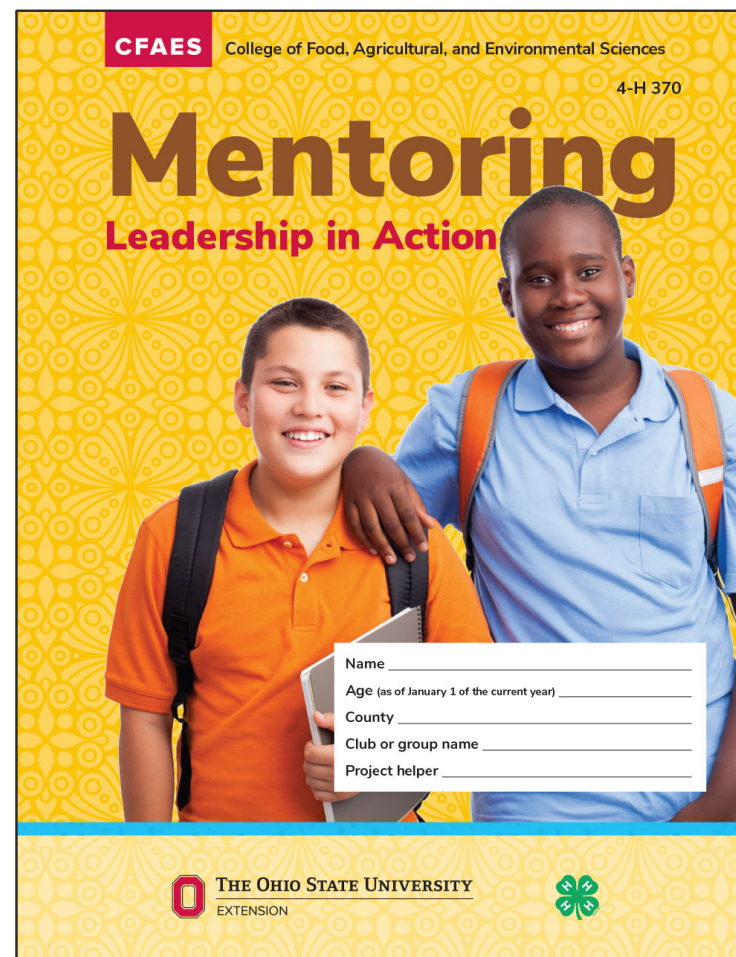


Superhero You (434)

- Start thinking positive by considering what make you, YOU. Find out your superpowers and those of your family and friends.
- Hands-on activities help members have fun and learn about self-identity.
- Beginning level. State fair eligible.

Mentoring: Leadership in Action (370)

- Experienced 4-H members can help younger members gain a sense of belonging and fun by serving as a mentors.
- For members 13 or older with at least two years of 4-H years experience.
- Advanced level. State fair eligible.



Self-Determined Projects and Idea Starters

- Now built around topic areas that have their own state fair classes, self-determined projects are a way for members to explore topics that interest THEM.
- Must be used with the *Self-Determined Project Guide*, available at ohio4h.org/selfdetermined.
- Idea starters are a great way to begin designing a custom project.
- All levels, state fair eligible.

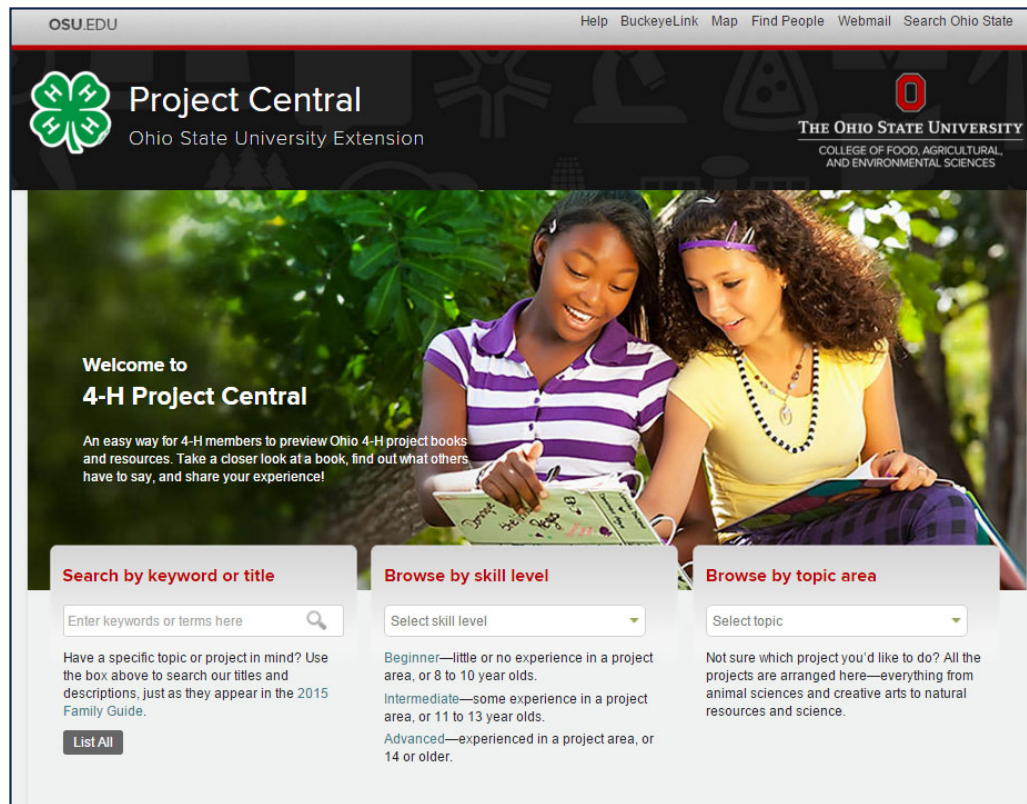
New idea starters this year include these titles:

- *3D Printing*
- *Disability Advocacy and Awareness*
- *Physbot—Your 4-H Fitness Tracker*
- *Going Green: Learning to Lead a Sustainable Life*



Project Central

Members can make a difference in the 4-H community simply by reviewing the projects they take. Go to projectcentral.ohio4h.org.



Search Find new projects and resources by searching keyword, skill level, or topic.

Find Results are easy to sort!

Learn Preview sample pages, read reviews from other members and volunteers.

Rate and share Help others choose projects and resources by rating and sharing on social media!





These and other Ohio State University Extension, 4-H Youth Development publications are available through local OSU Extension offices and online at extensionpubs.osu.edu. ***Ohio residents get the best price when they order and pick up their purchases through local Extension offices.***

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