



FOOD FOOD FOOD CHALLENGE

- WHAT:** 2018-2019 P C 4-H Food Challenge Team
- WHO:** Grade 4-8 Team / Grade 9-12 Team
- WHERE:** Patrick County High School
- WHEN:** Practice held once a month
Directly after school until 6:00 PM
- HOW:** Register to participate or request more information about the Food Challenge Team here:

<https://bit.ly/2KORpzK>

OR



4-H Food Challenge Teams provide youth the opportunity to participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and safe meals and snacks and adopt behaviors that can help reduce their risk or chronic disease.



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