



OSU EXTENSION KAY COUNTY 4-H YOUTH DEVELOPMENT

October 2023

Food, Fun, 4-H at School

Some students in Muskogee County are learning more than reading, writing and arithmetic – they’re also learning to cook and where their food comes from. The Food, Fun, 4-H program has been around for a few years and was originally designed to be implemented at home. This year’s program was piloted in 10 schools in the spring 2023 and focused on Oklahoma-grown commodities. New lessons are set to roll out in November 2023.

Leigh Cooper, a 4-H leader in Muskogee County and a teacher, said Food, Fun, 4-H at School has proven to be very popular with grade school students who participated in the after-school activity.

“The students not only learned some basic cooking skills, but they also gained a lot of information about where their food comes from,” Cooper said. “We had a theme each month that included beef, pork, chicken, wheat and corn, which are the top commodities produced in Oklahoma.”

The lessons are easily adaptable to be used in the classroom, in an after-school program or to meet the needs of the participants. Cooper enhanced the lessons by incorporating field trips that corresponded with each particular lesson.

When learning about beef, the students made beef stroganoff; pork included pigs in a blanket and hot ham and cheese sandwiches; store-bought rotisserie chickens were dissected into dark and light meat and made into quesadillas; students made butter out of cream in the dairy lesson; making tortillas was the high point of the wheat lesson; and picking and eating fresh corn from the field was a fun activity for the corn lesson, along with making fresh corn salsa.

“It wasn’t all about cooking,” Cooper said. “We did field trips to learn more about where our food comes from.”

For the corn lesson, the students traveled to Shelby and Ross Producers in Webbers Falls where they learned corn grows on a stalk. The group also toured a dairy farm. They poured fresh cream into mason jars and shook, and shook and shook them to make butter, which

they spread on toast.

“One of the coolest field trips was touring a meat processing plant where we got to see the whole process,” she said. “We watched a beef carcass being processed and learned how hamburger is made.”

Cooper said the purpose of Food, Fun, 4-H at School is to provide the students with opportunities to learn something new about the foods they are eating and preparing.

“They learned how to use a can opener and when we were making the hot ham and cheese sandwiches, they learned how to open a can of crescent rolls,” she said. “They’re learning basic life skills they’ll use from now on. The students were also taught about job opportunities while we were on the field trips to the dairy, corn field and processing plant.”

Cathy Allen, 4-H curriculum coordinator at the state 4-H office at OSU, said Food, Fun, 4-H at School includes not only the fun recipes for the students to try, but it also features a physical activity, mindful minute and educational information about each month’s theme.

“Food, Fun, 4-H at School can be delivered in a multitude of ways, including the OSU Extension county educator going into the school, a 4-H volunteer or a teacher and county educator working together to present the program,” Allen said. “The recipes are easy and can be prepared using a microwave, electric skillet or a toaster oven. We also include a recipe that doesn’t require a heat source. These recipes are great for the students to take home and prepare with their families. It’s all about bringing the family together at the dinner table.”

The Food, Fun, 4-H at School program is funded by a Walmart Foundation Grant.

To learn how to bring Food, Fun, 4-H at School to your area, contact the county OSU Extension office, or contact Allen at 405-744-8892 or cathy.allen@okstate.edu.

Kay County

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Kay County 4-H

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4-H PLEDGE

I pledge my **HEAD** to clearer thinking,
my **HEART** to greater loyalty,
my **HANDS** to larger service,
and my **HEALTH** to better living,
for my club, my community,
my country, and my world.



Tulsa State Fair Exhibit Results 5th Place and Above



Alexis Miller: 4th
Ashlyn Hoover: 1st, 1st, 3rd, 4th
Audrey Grossardt: 1st
Baylin Brandon: 3rd
Bodie Jeffries: 1st
Cambree Hadley: 5th
Cash Tripp: 1st, 3rd, 3rd, 3rd, 4th
Cashlynn Smith: 2nd
Charli Evans: 1st, 2nd, 3rd, 4th, 4th
Clara Cartlidge: 1st, 2nd
Clayton Eudaily: 1st
Cole Mantz: 2nd
Cole Vap: 1st
Elise Tickel: 1st

Hayden Johnson: 1st, 5th
Jaycie Schneeberger: 1st, 5th
Jayden Miller: 1st
Kassidy Sheik: 4th
Kinley Brown: 1st
Lilliahna Camp: 1st
Logan Rhea: 1st
Mariana Horinek: 5th
McCaila Schneeberger: 1st
Rickey Tucker: 1st, 5th
Stockton Payne: 3rd
**Teagan Burke: 1st, 1st, 1st, 1st, 5th,
5th**
Ty Otto: 1st, 1st

Congratulations Exhibitors!

1- 5 Place Will Be on Display During The Duration of the Tulsa State Fair

If your exhibit placed in the top 5 it will be on display at the Tulsa State fair until October 8th. If you are interested in traveling to Tulsa to see your item it is located in the Central Park Hall located on the Tulsa State Fair Grounds.

Exhibits that placed 1st-5th at the Tulsa State Fair will be available for pick up at the Kay County Extension Office Tuesday October 10th

Upcoming Dates

2023

- October 1-7 – National 4-H Week
- October 11-13 – District Leadership Conferences
- October 12 – Farm Bureau Annual Meeting – Kay Room in Blackwell
- October 17 – OYE Nominations Due to office
- October 20 – Kay County 4-H T-Shirt Contest Entries due
- October 21 – Oklahoma 4-H Horse Heritage Day
- October 24 – Say YES to FCS
- October 25 – Deadline for ZZZ's Under the Seas
- November 3-4 – ZZZ's Under the Seas
- November 10 – LifeSmarts Scholarship applications due
- November 11 – Horse Science Academy
- November 11 – Robotics Exploration
- November 14 – 4-H Tuesday Tool Time
- November 15 – Pre-register and pay for Bread Workshop
- November 17 – Registration Due to State 4-H Office for New Mexico Senior Leadership Retreat
- November 20 – 9am Bread Workshop
- December 2 – Horse Volunteer Conference Stillwater

Teen Leader / PLO Meetings

October 16th, 2023, at 6pm

November 20th, 2023, at 6pm

Kay County Extension Office Multipurpose Room



OSU EXTENSION

4-H YOUTH DEVELOPMENT

Breads Workshop

Cinnamon & Dinner Rolls

November 20th, 2023

TIME: 9 AM

LOCATION: KAY COUNTY
OSU EXTENSION OFFICE

Pre-register & pay by November 15th
\$10 registration fee

Space is limited to 12 people

Please contact the OSU
extension office to register



\$10

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National 4-H Week

October 1st-7th, 2023

On October 2nd the County Commissioner's read the Kay County 4-H proclamation in honor of National 4-H week.





To Make the Best Better Kindness Calendar

OCTOBER 2023

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Take a treat to first responders	2 Donate a project related toy to charity	3 Plant a seedling or flowers	4 Invite a friend to a 4-H event	5 Mail a thank you card to someone	6 Make cookies for a neighbor	7 Read a project related book to a Cloverbud. Record it and post to a 4-H group.
8 Donate stuffed animals to the police department	9 Send a note of appreciation	10 Take a toy or old towels to an animal shelter	11 Make a birdfeeder	12 Make 4-H bookmarks for library	13 Hold a door open for someone	14 Paint a kindness rock and hide it in public
15 Do a chore for someone who needs help	16 Thank a 4-H leader	17 Place positive saying sticky notes around a store	18 Call someone to brighten their day	19 Do a chore without being asked	20 Pay for someone's drive through order	21 Teach someone about your project area. Record it and post to a 4-H group.
22 Let a person go in front of you in line	23 Leave a note or treat for the mailperson	24 Collect items to be recycled	25 Volunteer in the community	26 Make a card for a school staff member	27 Befriend someone new	28 Pick up trash at a park
29 Hold the door open for someone	30 Drop off seasonal drawings at a nursing home	31 Donate food to a food pantry				

SHARE

Share and spread your kindness!

Let us know about the kindness you're spreading this month by tagging **Kay County Extension and 4-H**.

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Kay County Extension Office

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