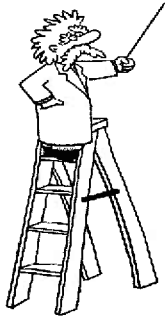




4-H Congress 2004: Growing Into the Future



"Research consistently shows that integrating nutrition and food education into the larger curriculum and providing children with hands-on cooking experiences changes what they are willing to eat."

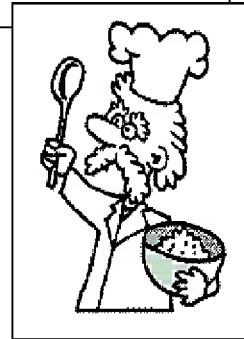
The Cookshop Program.

Toni Liquori. *Journal of Nutrition Education*. Sept/Oct. 1998.

Session: Bakers Lend a Humane Hand—

Speaker, Sharon Davis, Home Baking Association staff
Family & Consumer Sciences Education

Sponsors, Fleischmann's Yeast, www.breadworld.com
Home Baking Association, www.homebaking.org



What we did:

Four 90-minute sessions, 25 teams each, prepared for giving:

- Twenty dozen Doggie Biscuits for the Atlanta Animal Shelter
- Soft Pretzels and Snowflakes for Thank Yous to adults, friends and volunteers at Congress
- Twelve housewarming kitchen gift baskets for Cobb County, Georgia, Habitat for Humanity new home owners. Baskets contained ready-to-go cornbread and muffin mixes, muffin and brownie pans, homemade brownie and whole grain pancake mixes, kitchen tools and more!
- Snowman Soup Cocoa Mix, individually wrapped, for Emergency Shelter residents to enjoy upon arrival.
- Great Grains Granola, a favorite Health Fair treat

Photos courtesy of Phillip Harner, participant, Black Jack 4-H Club, Kansas



Bakers Lend a Humane Hand

2004 National 4-H Congress



Provided by:
The Home Baking Association
Underwritten by Fleischmann's Yeast-
www.breadworld.com
Speaker, Sharon Davis
Family & Consumer Sciences Education

Table One: Housewarming Kitchen Gift Baskets (6 people/3teams)

Scenario: Your Food and Nutrition Project members plan to prepare housewarming kitchen baskets for families moving into new Habitat for Humanity homes or Emergency Shelter apartments.

Three teams of two will create three housewarming baskets.

Plan to include in *each* basket:

- One game or puzzle the family could do together
- Kitchen utensils/equipment
- Baking and Beverage mixes (use commercial and homemade from tables nine and ten)
- Make one quart jar or cellophane cone of hand-made Brownie Mix
- Recipes, coupons, products
- Use the clear bag and the hair dryer to shrink wrap the basket when done.
- Create a *Welcome Home!* handmade gift tag and add a bow.

The baskets will be donated to the Atlanta Habitat for Humanity office. Over 50 new Habitat homes are planned for the 2004-2005 year in the Atlanta urban area alone.

Repeat this project at home! Visit www.habitat.org for the closest Habitat for Humanity staff OR check a phone book for a local emergency shelter.



High Yield Bake Sales...

And Heart Warming Gifts



There may be easier ways to raise funds, but there aren't many that can teach more to young people while building positive community support. And, with good planning and salesmanship, bake sales can be profitable.

Join History. Bake sales are a part of American history. For centuries, people have "baked their best" for schools, churches, families in need, schools, parks and community buildings. Specialty baked goods were sold when and where everyone gathered--by auction, baskets, cake walks, whole and by the slice. People became "known" for a special cake, pie, bread or cookie.

Leader Q: Does your family have a cultural baked good specialty?

What do you like to buy that's baked? (Cinnamon roll, soft pretzel, cookie, bar)

Tips for Success

Expand Profits and Program Recognition

Check the calendar. Piggyback with (or avoid) community events.

Plan a Theme Bake Sale. Holidays, Valentines, Father's Day, block parties, festivals
Make your sale an event and tradition.

Gain permission to set up in a great location for people traffic.

Consider two or three same-day selling locations.

Promote your bake sale. Deliver announcements with sample baked good to local newspaper, radio and TV stations.

Set up a phone committee. Call each member; confirm what they'll bring and when and where to deliver.

Review safe food handling. Provide new plastic food bags in a variety of sizes for delivering baked goods. Remind members some items cannot be sold (refrigeration required)—custard or cream pies, meat or cheese fillings.

Make a date to bake. Bake or create mixes together in a large community, club or church kitchen to help everyone participate.

Something for everyone. Decadent to diet conscious. Ready-baked or mixes in a jar.

Beverage mixes, baking mixes attached with stir-ins or decors, party mix, trail mixes

Wrap it irresistible. Cool all baked goods completely before wrapping. From the products members bring, divide and attractively package. Keep food safety and freshness first in mind.

Divide into "snack" packages for one or 2 as well as "family size packs."

Use plastic food gloves when re-packaging goods for sale.

Labels. Create attractive labels with product name, amount (in cups or ounces), ingredient list (customer may have food allergies), price.

Sales decor. Post the organization's name and how proceeds will be used. Use bright tablecloths, streamers, direction signs—use your organizations colors!

Practice greeting customers. Thank the customer; use eye contact.

Courtesy. Print a huge "thank you" banner; tell who's selling and why. Insert a small thank you with each sale. Offer bags for customers to easily carry home purchases.

Price for easy payment and change. Use increments of 25 cents. Research price. Look for similar store products. How much is in a package? How much does it cost?

Members will

- Recognize funds are needed to run a program
- Set a goal
- Select and make plans that use skills to successfully raise funds
- Organize and work by committees
- Calculate costs and profits
- Create public awareness for concern or program
- Evaluate results

Offer a bite-size sample. Include small cups of water, tea or coffee.

Sell by the slice on site. Have some products to sell fresh or by the slice (one or two rolls; cookie pizza slices; muffins; a soft pretzel)

May I take your order, please? Print order forms and take gift orders prior to, or at the sale.

Create gift boxes. Ex: baking pan plus mix & stir ins; pizza pan plus Ready-to-Top crust or crust mix)

Bake for pets. Offer handmade pet biscuits.

More: www.bettycrocker.com. Click on Cooking, Baking & Entertaining. All About Baking. Baking Strategies

Help and ideas at: www.homebaking.org

Ready-to-Top Gourmet Pizza Crusts

Makes 2, medium (12-14-inch crusts)

Dough:

3-1/2 cups all-purpose flour (may be half whole wheat)
1 tablespoon sugar
1 package fast rising yeast (2 ¼ teaspoons)

1-1/2 teaspoons salt
1 cup water
2 tablespoons vegetable or sunflower oil



Directions

1. In large bowl, combine 2 cups flour, sugar, undissolved yeast, and salt. Heat water and oil until very warm (120 to 130°F). Gradually stir into dry ingredients. Stir in enough remaining flour to make stiff dough. Turn out onto floured surface. Knead until smooth and elastic, about 5 or 6-8 minutes. Cover dough with bowl; let rest 10 minutes
2. Divide dough in half. Shape each half into a ball. **Let dough rest 5-10 minutes, covered with bowl.**
3. Preheat oven to 425 degrees F. Place dough balls on greased 12 to 14-inch pizza pan. With oiled hands, press dough out evenly—avoid stretching the dough—till dough covers the pan. With a fork, prick the surface of the dough, every few inches.
5. Parbake the crusts at 425°F for 5 to 7 minutes—until still pale with just a hint of browning. Remove from pans; cool on wire cooling racks. Wrap in large, plastic food bags. Freeze or sell fresh.

Best-ever Cake Brownies

Makes 9 X 13-inch pan, (32 bars)

¾ cup butter or margarine
½ cup unsweetened cocoa powder
1 ¼ cups granulated sugar
2 eggs
2 teaspoons vanilla extract

1 ¾ cups cake OR 1 ½ cups all purpose flour
1 teaspoon baking powder
¼ teaspoon baking soda
1 cup low fat milk
1 cup chopped walnuts or pecans

Directions

1. Preheat oven to 350 degrees F. In large 2-qt. saucepan, melt butter over medium low heat; stir in sugar and cocoa. Remove pan from heat and let cool 5 minutes.
2. Add the eggs and vanilla. Beat with a whisk until combined.
3. In a separate bowl, combine the flour, baking powder and soda, Add 1/3 of the dry ingredient mixture to the chocolate mixture and beating well. Then add 1/3 the milk and beating. Repeat twice to finish.
4. Stir in nuts. Pour into a greased, 9 X 13-inch pan. Bake 20 to 25 minutes -- tooth pick inserted comes out clean.
5. Cool completely in pan on a wire rack. Frost or dust with powdered sugar if desired. Cut into bars.

Ready-to-Go brownie mix: Use a wide-mouth, 1-qt. canning jar and lid. Combine all dry ingredients thoroughly. Pack dry mix in decorative quart jar, Top with nuts wrapped in plastic wrap to keep separate. Add directions to complete the mix. Decorate lid with colorful calico cloth.

Gourmet option: Use ½ cup each dried cherries and favorite baking chips or pieces.

More tips for mixes in a jar at www.homebaking.org. Go to Educator *Fun with Food* lesson plan.

Tips for Packing Mix Jars

- Use dry measuring cups and measure accurately
- Do not assume a pasta sauce or mayonnaise jar is a quart.
- Blend the flour, baking powder, soda and salt with a wire whisk
- Pack layers tightly in the order they are listed so all the ingredients will fit and won't get mixed up
- If you want to keep two layers separate, cut a circle of wax paper and lay between
- If baking cocoa is in the middle, wipe down the inside of the jar with a paper towel to prevent streaking
- Place lid on to pack tightly the last layer.
- Lay fabric ring over lid and screw on the ring portion of the lid.
- Attach ingredient list and directions with tape or punch a hole and tie

Supplies:

- 1 Wide Mouth Quart Size Canning Jar per child
- Rings and flat lids
- Colorful print fabric to cut in 6-inch circles
- Dry measuring cups
- Paper, pencils, color markers to make labels
- Tape or yarn to attach labels
- Ingredients listed in recipe

Chocolate Cherry-Chocolate Mix

Ingredients

- $\frac{3}{4}$ cup granulated sugar
- $\frac{1}{3}$ cup baking cocoa
- $\frac{1}{2}$ cup firmly packed brown sugar
- 1 $\frac{1}{2}$ cups dried cherries
- 1 cup semi-sweet or milk chocolate chips
- 1 $\frac{3}{4}$ cups all purpose flour
- 1 teaspoon baking powder
- $\frac{1}{2}$ teaspoon baking soda

Directions

1. Whisk together the flour, baking powder and soda.
2. Layer ingredients in order listed wide mouth quart jar. Press after each layer before adding next.
3. Prepare the label instructions in the box below to attach.

Source: The Home Baking Association---
www.homebaking.org

Attach a label on every gift mix jar:

Chocolate Cherry Cookies

Makes 3 dozen

1. Empty jar of cookie mix into a large mixing bowl.
2. Thoroughly blend the mix ingredients.
3. Add: $\frac{3}{4}$ cup butter (1 $\frac{1}{2}$ sticks) or margarine, 1 large egg, slightly beaten and 1 teaspoon vanilla
4. Mix until completely blended—it will be a very stiff mix and may require hand mixing.
5. Grease or line baking sheets with parchment paper. Preheat oven to 375 degrees F.
6. Shape dough in to balls the size of walnuts. Place 2-inches apart on baking sheets. Bake at 375 degrees F. for 12 to 15 minutes. Cool 5 minutes on a baking sheet. Remove onto cooling racks.

Ingredients: Enriched wheat flour, butter, granulated and brown sugars, dried cherries, chocolate chips, whole egg, vanilla extract, baking powder and soda

Nutrition Facts: One of 36 cookies (1 oz each) provides: 120 calories; Total fat, 6g; Saturated fat, 3.5g; Cholesterol, 15mg; Sodium, 75 mg; Total carbohydrate, 19g; Dietary fiber less than 1g; Sugars, 10g; Protein, 1g; Vitamin A, 8%; Iron 4%--0% Vit.C & Calcium

Table Two: Great Grains Granola (4 people/two teams)

Scenario: To promote health and wellness, your club has decided to exhibit at a middle school health fair. You will promote active lifestyles and enjoying more whole grains, calcium and fruit. Teams will hand crank ice cream AND serve toppings of fruit and warm crunchy granola over samples of ice milk.

Two teams of two will slow-roast in skillets:

- **Double batches of Great Grains Granola**—prepare enough to send small packages home with each person (50 total are needed for each session plus three packages for the house warming baskets.) (Deliver packages for Housewarming Baskets to Table One.)
- Write an **ingredient food label** for the packages that tells what's in the package, listing each ingredient, most to least.
- Prepare one batch with no nuts for those who may have allergies!
- A serving is $\frac{1}{4}$ cup— $\frac{1}{2}$ cup per package is great!

Great Grains Granola Makes about 6 cups granola

Ingredients

- 3 cups oatmeal (or part rolled wheat, soy flakes or rolled barley)
- 1 $\frac{1}{2}$ cup wheat bran *or* oat bran *or* milled flax seed *or* sesame seeds
- 1 cup flaked coconut *or* wheat germ
- $\frac{1}{2}$ cup chopped pecans *or* sunflower kernels *or* soy nuts
- $\frac{1}{2}$ cup honey *or* brown sugar
- $\frac{1}{4}$ cup melted butter, margarine *or* vegetable oil
- $\frac{1}{4}$ teaspoon salt
- 1 $\frac{1}{2}$ teaspoon cinnamon

Optional: 1 cup non-fat dry milk powder

Directions

1. Preheat the oven. Combine all ingredients and spread in an ungreased jelly roll (15 X 10-inch) pan. Stirring every five minutes, bake at 325 degrees F. for 25 to 30 minutes, until golden brown. You can also make this in a non-stick skillet, stirring over medium low heat.
2. Cool thoroughly and store in a tightly covered container in the refrigerator or a cool dry place.

Serve $\frac{1}{4}$ cup (one serving) with milk, yogurt, pudding, custard, ice cream, fruit or alone

Source: Kansas Wheat Commission-www.kansaswheat.com

Ft. Riley Middle School Health Fair, Spokespersons Betty Kandt and Sharon Davis

Pottawattomie County Black Jack 4-H Club Foods Meeting, Sharon Davis, project leader

Nutrition Facts: Serves 24
A $\frac{1}{4}$ cup (1 oz) serving provides

Calories 110	
Total fat 5g	Sat. fat: 2.5g
Cholesterol 5mg	
Sodium 120mg	
Total carbohydrate: 16g	
Dietary fiber: 2g	Sugars: 6g
Protein: 3g	
Vit. A: 2%	
Vit. C: 0%	
Calcium: 2%	
Iron 6%	

Table Three: (Clabber Girl Dog Biscuit mixes) (6 people/3 teams)

Scenario: The local animal shelter would love to have your 4-H Club bake hand-made pet treats for the animals throughout the year and spend a little time with pets that need attention. Your Pet Project and Foods Project members will work together and will take turns baking and taking hand-made dog treats each month.

Three teams of two will each prepare one batch of dough, roll and cut out dog biscuits for a local animal shelter.

The pet biscuits must be

- Dog -bone or cat-sized kibble treats (be sure and bake all the same size on a cookie sheet)
- Packaged in sealed bags, with about $\frac{1}{2}$ pound in each bag
- Seal and label with the ingredient list for the contents, most to least and who prepared the gift treats and when (date).

The pet biscuits will be donated to a local animal shelter or humane society.

Table Four: (Scratch Doggie Treat Recipes) (6 people/3teams)

Scenario: Your 4-H club is holding a bake-sale to benefit the local animal shelter. Your troop will hold a short pet care session every 15 minutes and sell hand-made pet treats. Call the local animal shelter for their suggestions.

Three teams of two will prepare one batch of either of the home made doggie biscuit treat recipes.

- Prepare dough and cut out either small kibble-sized or medium dog -bone treats (bake all the same size biscuits on a baking sheet pan).
- Package in sealed bags, with about $\frac{1}{2}$ pound in each bag.
- Label each bag with the ingredient list for the contents, listing ingredients most to least.
- Include the name of the person/organization making the biscuits and the date they were made.

The biscuits will be donated to a local pet shelter or humane society.

Pet Treat Recipe

Ingredients

2 $\frac{1}{2}$ cups whole wheat flour 1 egg
 $\frac{1}{2}$ cup non-fat dry milk powder $\frac{1}{2}$ cup cold water
1 teaspoon salt 6 tablespoons butter or margarine
1 teaspoon brown sugar

Directions

1. In a medium mixing bowl, combine the dry ingredients. With a pastry blender, cut in the butter or margarine until it resembles coarse crumbs.
2. Mix together the egg and cold water. Stir the liquids into the dry mixture to form a dough ball. Sprinkle with small amounts of water or flour to make dough that is soft enough to be kneaded. Knead for about 3 minutes.
3. Preheat oven to 350 degrees F. Roll dough into a sheet $\frac{1}{2}$ -inch thick. Cut into pet friendly shapes, using a cookie cutter or knife. OR, cut into kibble snacks by rolling the dough into a long thin log—make it triangular or round-- and cut $\frac{1}{4}$ -inch thick biscuits .
4. Bake at 350 degrees F for about 30 minutes—depending on the size of the pieces—until browned and crunchy.

Options:

- Substitute $\frac{1}{2}$ cup cornmeal or soy flour for $\frac{1}{2}$ cup of the wheat flour.
- Add 3 tablespoons bouillon or dried soup mix to dry mixture. Decrease salt to $\frac{1}{2}$ teaspoon.
- Substitute a blend of non-gluten flours (sorghum, soy, corn) or meal (corn, or flax) for pets with wheat allergies.
- Non-wheat and flours found in the supermarket baking or cereal aisle or check out the web-sites

www.bobsredmill.com

www.hodgsonmill.com

www.kingarthurfLOUR.com

Source: Home Baking Association—www.homebaking.org

Doggie Biscuits

Makes 30 large bones.

Ingredients

3 $\frac{1}{2}$ cups unbleached all purpose flour	$\frac{1}{2}$ cup instant non-fat dry milk powder
2 cups whole wheat flour	4 teaspoons salt
1 cup rye flour	1 envelope active dry yeast
2 cups bulgur	$\frac{1}{4}$ - $\frac{1}{2}$ cup warm water
1 cup cornmeal	3 cups chicken broth

Egg glaze: 1 egg, slightly beaten with 1 teaspoon milk

Directions

1. Preheat the oven to 300 degrees F. In a large bowl mix the flours, bulgur, cornmeal, dry milk and salt.
2. Dissolve the yeast in warm (105-115 degrees F) water. Add to the dry ingredients.
3. Add chicken broth (no warmer than 115 degrees F) to the flour mixture. Stir until a dough forms. Knead to form smooth dough.
4. Let the dough rest a few minutes; roll out to $\frac{1}{4}$ -inch thickness. Use a large bone shaped cookie cutter. Place on prepared cookie sheets.
5. Brush with egg glaze. Bake bones for 45 minutes. Turn off oven; allow to harden overnight.

Nutrition Facts: One of 30 bones has 158 calories, 6 g protein; 32 g carbohydrate; 1g fat; 11mg cholesterol and 364 mg sodium

Source: Fleischmann's Yeast—www.breadworld.com

*More Pet Treat ideas at www.kingarthurflour.com; www.clabbergirl.com

Tables Five and Six: (Soft Pretzels) (8 people/four teams)

Scenario: Local donors have helped your 4-H Club install a great new kitchen at your extension office and fair grounds. To thank them, your club plans to make handmade large soft pretzels (a traditional blessing and sign of affection) and hand deliver them with a thank you card.

Two tables, two teams of two at each table will prepare the second pretzel recipe (yeast) below.

- Take the 4 packages of dough that are already prepared and divide each in half—each person then shapes six soft pretzels as the directions show. (Makes 48 pretzels).
- Brush with egg-wash just before baking and sprinkle with coarse salt, chopped sunflower seeds, *or* sesame or poppy seeds, *or* cinnamon and sugar.
- Place on bakery cart for baking. While they are baking, prepare four batches of pretzel dough for the next group.
- Spray four, large plastic food bags with pan spray, push all the air out and seal. (Two tables, 4 packages of dough). These will be refrigerated.
- Write a small thank you note and attach to 48 small sandwich bags.
- When the pretzels are baked and cooled, place in the bags.

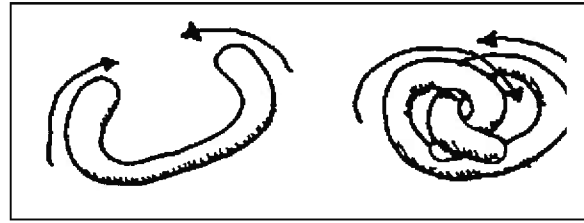
Each person in the session will take one and give it to an adult or leader at 4-H Congress who they've appreciated.

Soft Pretzels

Makes 12.

Ingredients

- 1 pkg. (2 $\frac{1}{4}$ tsp.) fast rising yeast
- 1 cup warm water, 120-125 degrees F
- 2 tablespoons vegetable oil
- 1 tablespoon sugar
- 2 $\frac{1}{2}$ to 3 cups all-purpose flour, divided (flour used may be half whole wheat)
- 1 teaspoon salt
- 1 large egg + 1 tablespoon cold water, beaten
- Coarse salt, sesame, poppy or chopped sunflower seeds



Directions

1. Wash hands and surface to knead and shape dough.
2. In a large mixing bowl, measure and combine 1 $\frac{1}{4}$ cups of the flour, yeast, sugar and salt; mix well. Add warm water and oil to the mixture. Mix until moistened, then beat 3 minutes, by hand or with mixer (medium speed).
3. Stir in flour, $\frac{1}{4}$ cup at a time, until dough forms a rough ball. Knead in the bowl or on a clean lightly floured surface until smooth and elastic. (All the flour may not be needed.)
4. Turn the bowl over the dough and let it rest 10 to 30 minutes (Or, place dough in greased bowl or plastic bag; cover with lid or close bag).
5. Punch dough down and knead into a smooth ball. Divide in 4. Divide again, each piece into thirds. Cover the dough to rest again, 5 minutes.
6. Roll or shape each piece into a "snake" or long thin cylinder, at least 12-inches long. Shape into pretzels. Cover with pan-sprayed plastic wrap for 10 minutes on a well-greased or parchment-lined baking sheet. **Preheat the oven to 425 degrees F.**
For extra chewiness: After 10 minutes, lower each pretzel into a boiling bath, 10 seconds on each side. (Bath: 2 quarts water + 2 tablespoons salt OR 1/3 cup soda)
7. Brush the beaten egg and water over the pretzels. **Optional:** Sprinkle w/ salt or seeds or cinnamon/sugar mix.
8. Bake 12 to 15 minutes at 425 degrees F. until golden. Cool on wire rack.

Explore taste and creative options:

Substitute $\frac{1}{4}$ cup rye flour, soy flour, cornmeal, flax meal for $\frac{1}{4}$ cup all purpose flour.

More great pretzel ideas at www.homebaking.org links!

