



## 4-H PROJECTS ON A SHOESTRING

Are you looking for 4-H projects and exhibits that don't cost a lot of money? Consider these ideas to use your time, energy, money and materials wisely!

Select projects and exhibits that:

- Help your family and community
- Are inexpensive
- Meet your goals

### Agriculture and Natural Resources

#### Crop Production

- Pick up the Farm Safety materials at the Extension Office and use to check the safety on your farm.

#### Environment and Sustainability

- Plant a tree, seedling or flowers. Demonstrate how your plantings will help conserve the soil, attract wildlife, conserve energy or help your family.

#### Outdoor Adventures

- Plan the meals for a summer family camping trip. Be sure to think about how you'll safely pack the food.

### Creative Arts

#### Photography

- Select a neutral mat for your photo. Reuse a mat from previous years.
- Consider a disposable camera, try a panoramic one for some fun effects.
- Make a calendar using your own photos.
- Make a list; take photos or video of the personal property in your home to be used in the event of a disaster.

### Personal Development

#### Citizenship

- Make baskets filled with garden flowers or produce for a nursing home or older neighbor.
- Write a thank you note to your 4-H leader. Develop a club award for leaders. Make it fun!

### Science, Engineering, and Technology

#### Woodworking

- Use scraps of wood to make a project. Check the 4-H project materials for plans for birdhouses, toolboxes, bookends, bookracks, key holders and other items.

*These ideas were prepared by Janet Martin and Cathann Kress, Youth Development Specialists for ISU Extension. Revised March 2012 BW*

**4-H**  
GROWING TOGETHER



## Family and Consumer Science

### Child Development

- Teach a small child how to ride a bike, play a game or tie his shoes.
- Make a homemade toy, game, or activity for kids.
- Learn finger plays to teach kids.
- Plan an activity for a sibling, neighbor, or the children you baby-sit.

### Clothing

- Make a tote bag from fabric remnants or old blue jeans.
- Select an accessory/clothing item at a garage sale, second-hand store.
- Consider recycling a clothing garment to make a different or updated garment.
- Tell about a project you organized at your home or in your community. For example: a fabric or pattern exchange, used clothing sale, or a poster to inform others of the most inexpensive ways to do laundry.
- Teach another member of your family or 4-H club how to sew on a button or hem a pair of jeans.

### Food and Nutrition

- Make plans for packing a safe, litter free school lunch.
- Make a poster detailing how to keep picnic food safe.
- Plan a picnic menu for under \$5.00.
- Investigate the "in season" fruits and vegetables during spring and summer. Make lists for other members of your club. Try some recipes for fruits or vegetables you've never eaten before.
- Learn about the food pyramid and/or food labels. Make a display of the places you found your information.
- Make a Recipe Calendar for a gift. Suggest daily meal plans. Include a recipe of the day, week or month.
- Plan the recipes for a theme party. Choose a theme and find recipes that fit the theme and go well together.
- Make recipe book for someone with special diet needs. (diabetics, low salt or fat.) Give to them as a gift.

### Health

- Check your family's first aid kits to make sure they have needed supplies. Check the medicine cabinet and throw away outdated medications.

### Home Improvement

- Use a table linen you already have, select pictures from magazines of tableware (flatware or dinnerware) that would be used to create a pleasing table.
- Clean a furnishing found in your home and explain and show photos of the process.
- Organize your closet. Inventory your clothes, shoes, accessories to determine needs.
- Using photos, video, or written summary; explain a project that cannot be taken to the fair. For example-weather stripping, installing washers in dripping faucets, installing a water saving shower head, developing an energy efficient home plan.
- Finish or refinish small household items, such as wooden salad bowl, picture frames, step stool, candle holders, etc.
- Check out *Fabric Furnishings* 4-H Project book for ways to make pillows, curtains, place mats, tablecloths, hot pads, etc. to accessorize your home.
- Consider preserving a family historic furnishing-a crocheted doily, a family tree prepared for display, a picture collage of family members, diplomas or other certificates.
- Rearrange your room and draw a floor plan explaining the changes and reasons for them.
- Design a fire escape plan for your family, check the smoke detectors and have a fire drill.