Winneshiek County 4-H: $10 Meal Challenge

Create a balanced, nutritious meal for four (4) offering the recommended serving size of food from each of the five food groups using $10 or less.

This meal must include a serving from each of the 5 food groups:

Fruit, Vegetable, Protein, Grain, Dairy

Resources: Information regarding food groups and recommended serving sizes can be found on the USDA's MyPlate website. www.choosemyplate.gov

Please Note: Please attach receipts. If using home grown food, price breakdown is required. No prepared food will be part of the exhibit. You may include photos to share your experience and/or using the following: Binder/Folder with enclosed worksheet and optional photos; posters may not exceed 24" x 36" in size; chart boards, graph boards, model displays etc., may not exceed 48" x 48" in size. Maximum size is determined by measuring the flat (unfolded) dimension.

Worksheet for $10 Meal Challenge

Please write or type your answers.

1. What is your goal?

2. Meal type: (Breakfast, Lunch, Dinner etc.)

3. Describe the food item selected for each food group and the correct portion size:

Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Total Servings needed per day	Cost
Fruit	*Example: Apples*	*2*	*½ apple*	*2 Cups (4 servings)*	
Fruit					
Vegetable					
Protein					
Grain					
Dairy					

4. How does your selection create a *balanced* meal?

5. Who are you cooking for? (Age of Youth, Adults, Family, etc.)
    a. How does this meal plan appeal to your intended audience?

6. Explain the strategies that you utilized to complete this challenge related to:
    a. Planning the Meal

    b. Shopping for Ingredients

    c. Preparation of the Recipes

7. What were the most important things you learned while you worked towards your goal? (Be sure to share a challenge that you may have experienced.)

8. What ideas or plans do you have for the future based on what you have learned or discovered?