

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.