



Learn proper table setting



Learn about My Plate

Program Features

- *Hands-on Activities
- *Interactive Games
- *Prepare & Sample Healthy Snacks
- *Food & Kitchen Safety
- *Proper place settings
- *Fun, Friends & More



4-H is an informal, practical education program for youth in grades K-13 (one year out of high school). It is the youth development program of Rutgers Cooperative Research & Extension, the off-campus division of the New Jersey Agricultural Experiment Station of Rutgers University.

4-H uses a learn-by-doing approach to enable youth to develop the knowledge, attitudes and skills they need to become competent, caring and contributing citizens of the world..



4-H Youth Development Program
 Rutgers Cooperative Research
 & Extension of Cumberland County
 4-H Center
 291 Morton Avenue
 Millville, NJ 08332
 (856) 451-2800, ext. 3
 FAX (856) 451-4206



Cumberland County 4-H Program Presents "KIDS IN THE KITCHEN" 4-H Summer Enrichment Program



July 16-18, 2019
 9:00 AM-1:00 PM

4-H Klem Building
 (Located behind the
 Extension Center)



291 Morton Avenue
 Rosenhayn
 (Deerfield Township)

When & Where is the Program?

The 4-H Summer Enrichment Program is a 3-day program which will be held Tuesday, July 16 - Thursday, July 18 at the 4-H Klem Bldg. on Morton Ave. in Rosenhayn from 9:00 AM- 1:00 PM.

Who Can Attend?

This program is open to boys and girls who have **completed** grades 3rd-7th. Both 4-H and non 4-H members are welcome to attend.

What Does it Cost to Attend?

\$40.00 The fee covers program materials, activity supplies, and daily snacks.

What Happens at the 4-H Summer Enrichment Program?

This program will center around the planning, preparing and serving a luncheon on Thursday for the participants' parents. Good manners and food safety will be an important part of this program

Do I Bring My Lunch?

Yes! Pack a lunch (including something to drink) for Tuesday and Wednesday only.

Who will Conduct the Programs?

The 4-H Summer Enrichment Program is coordinated by the Cumberland County 4-H Youth Development Program staff. Adult 4-H volunteer leaders and teen 4-H members will help with the activities.



How to Register

Registration materials can be obtained at our website: www.Cumberland4-H.org or they may be picked up at the 4-H Center, 291 Morton Avenue, Rosenhayn, Monday-Friday, 8:30 AM - 4:30 PM. Space is limited so register early. Completed registration form, event permission/behavior agreement form and payment (**check/money order or cash**) are due to the 4-H Center by **Friday, July 5**. Checks/Money orders should be made payable to the

4-H Advisory Committee.

All forms and payment should be sent or delivered to:

**Extension Center
291 Morton Avenue
Millville, NJ 08332**

Need more information? Questions?

Please feel free to call the 4-H Center (856/451-2800, ext. 3), Monday - Friday, 8:30 AM - 4:30 PM .

While at the 4-H Summer Enrichment Program, your child will have a chance to meet and interact with new people, reacquaint themselves with old friends and possibly develop new friendships.

Cancellation policy: If you need to cancel please notify us in a reasonable amount of time. If you cancel two weeks or less prior to camp, you will only receive a 25% refund.

The 4-H Youth Development Program is part of Rutgers Cooperative Extension, a unit of the New Jersey Agricultural Experiment Station. 4-H educational programs are offered to all youth, grades K-13, on an age-appropriate basis, without regard to race, religion, color, national origin, ancestry, sex, sexual orientation, gender identity and expression, disability, atypical hereditary cellular or blood trait, marital status, domestic partnership status, military service, veteran status, and any other category protected by law.

New Jersey 4-H Event Permission Form for Youth



4-H104

Both sides of this form must be completed by all youth participating in overnight activities, field trips, events requiring group transportation, and any other events sponsored through the 4-H Youth Development Program where it is deemed necessary by the adults (paid 4-H staff and/or registered 4-H volunteer leaders) responsible for the youth participants. The form should be submitted prior to the event and kept by the chaperone for at least 90 days after the event. The form has five parts: (1) information about the participant and activity, (2) parental permission and liability release, (3) medical emergency authorization and health information, and (4) behavior agreement and (5) media policy. **Be sure to complete all five parts and sign where requested!**

Information about the Youth Participant and Activity

Name of youth participant: _____ Birth Date: _____

Address: _____

Telephone number: _____ 4-H County: _____ Grade (as of 9/18) _____

Name of parent/guardian: _____

Name of activity/event: Kids in the Kitchen Summer Enrichment Program

Name of 4-H group Cumberland County 4-H Youth Development Program,
291 Morton Avenue, Millville, NJ 08332, Klem Activity Bldg.

Date and time of participation of individual named above: Tuesday, July 16 - Thursday, July 18, 2019, 9:00 AM - 1:00 PM

Parent Permission and Release of Liability

I hereby give my son/daughter named above permission to participate in the event listed. Although Rutgers Cooperative Extension and its chaperones will use the utmost precaution in guarding the health of the above participant and preventing accidents, I release them from any liability in case of illness or injury as a result of this activity. Furthermore, I release the owner and driver of the car transporting my child to and from the event, from any liability in case of illness or injury.

Signature of parent or guardian: X _____

Medical Emergency Authorization and Health Information

I authorize the 4-H chaperone(s) to dispense the prescription drugs and/or over the counter medications listed below in accordance with the instructions provided on the label (prescription drugs) or below (over-the-counter medications). In case of sudden illness or an accident to the above named participant requiring immediate treatment or surgery while he/she is a participant in this activity, I authorize the 4-H chaperone(s) to take such action as seems appropriate to protect the health and physical well-being of the above participant. This authority extends to any physician(s) and/or surgeon(s) selected by the chaperone(s) to perform medical and/or surgical procedures including examinations and tests necessary to preserve the health and physical well-being of the above named participant. All efforts will be made to contact the parent(s) or guardian(s) in case of emergency.

Name of parent/guardian	Phone number	Name of additional emergency contact	Phone number

The following information is provided as an aid to the chaperone(s) in dealing with the well-being of the participant. The participant has the following health conditions: (include allergies, handicaps, diabetes, pregnancy, asthma, medications needed, etc.).

Health conditions: _____

Medications/Instructions: _____

Health Insurance: Company _____ Group # _____ ID# _____

Signature of Parent/Guardian X _____



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The 4-H Code of Conduct outlined below is in effect for all youth activities involving Rutgers Cooperative Extension and the Department of 4-H Youth Development. It applies to all participants in 4-H activities, with participants defined as 4-H members of any age or grade, all other registered youth and adults, and all other individuals who take part and/or attend 4-H events.

Participants who fail to adhere to the 4-H Code of Conduct may be subject to a range of disciplinary actions. Immediate corrective action will be taken to ensure the safety and welfare of all participants at the event. Additional disciplinary action may be taken upon further investigation of the infraction or incident. Participants in county events shall be subject to policies developed at the county level. Participants in state and national events shall be subject to the policy and process outlined in the "4-H Event and Activities Disciplinary Policy," which can be found at www.nj4h.rutgers.edu/policies.

If an individual continually disrupts the group or engages in illegal behavior, he or she will be given an opportunity to discuss the problem with the chaperones before more drastic action is taken. If, after discussion, the behavior continues, or in the opinion of the chaperones it would be detrimental for the individual to continue with the group, he or she will be sent home **at the participant's expense**.

4-H Code of Conduct

1. The health, safety, and welfare of others must be respected at all times.
2. Appropriate language and behavior are expected at all times. Profanity, foul or abusive language, inflammatory statements, derogatory comments, or physical altercations toward any group or individual are not permitted.
3. Participants are expected to be present and participate at all scheduled program activities. Participants are required to wear nametags when dispensed.
4. All participants are expected to be on the site of the event at all times. Unauthorized use of vehicles during an event is prohibited.
5. Participants are responsible for following the instructions of all 4-H staff and event chaperones.
6. All behavior or language of a sexual nature at 4-H events is inappropriate and unacceptable. Dignified and respectable behavior is expected at all times.
7. Curfew hours must be strictly followed.
8. Behavior during unscheduled free time is subject to the supervision of 4-H staff and chaperones.
9. Dress code standards previously set for the event must be met by all participants (i.e., no sexually suggestive, culturally insensitive, tobacco or alcohol industry sponsored shirts, inappropriately cut shirts, shorts, pants or skirts, etc.).
10. Possession, distribution, or use of alcoholic beverages or illegal drugs is prohibited. Prescription drugs and over-the-counter medications may be dispensed by adult chaperones only with written authorization provided by the parent/guardian on the 4-H Event Permission Form for Youth filed for the event.
11. With the concern for the well being of self and others, smoking and the use of other tobacco products is prohibited.
12. Care and respect for property, personal and institutional, is expected at all times. Theft, possession of missing property or damage to property is prohibited.
13. Unauthorized possession, distribution or use of weapons, ammunition or fireworks is prohibited.
14. Honesty is expected at all times from 4-H members. Dishonesty, cheating, plagiarism and forgery are inappropriate actions.

I HAVE READ the **Behavior Agreement** and **4-H Code of Conduct** above and discussed it with my son/daughter. I understand and agree to the conditions set forth. I accept the cost and responsibility of having my son/daughter returned in the event it is necessary.

X _____	_____	X _____	_____
Signature of participant in event	Date	Signature of Parent/Guardian	Date

New Jersey 4-H Media Policy and Release:

The 4-H program routinely promotes activities through various media. This includes, but is not limited to newsletters, newspapers, brochures, and displays. In doing so, the names and photos of members may be included to help tell the 4-H story. However, New Jersey 4-H policy is that on web sites, youth in photos will not be identified by name(s).

- . **No, do not use my individual picture for any purpose.** I will make an effort to avoid opportunities to be in group photos.
- . **No, do not use my name for any purpose.**

By Keith Diem, Ph.D., 1990. Revised by Rita Natale Saathoff, 2003. Revised by Annette Devitt, 2004.

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RUTGERS COOPERATIVE EXTENSION
N.J. AGRICULTURAL EXPERIMENT STATION
RUTGERS, THE STATE UNIVERSITY OF NEW JERSEY

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NEW BRUNSWICK

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