

## **DIVISION 822: SPECIAL DIETS EXHIBIT**

**Superintendent:**

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**Exhibits are entered on Tuesday, July 31, from 10 am to 8 pm at the Clark County Fair Grounds in the Event Center Exhibit Hall A – 4-H Still Exhibit Area.**

**Points: Blue 12, Red 10, White 8**

**CLASS:**

1. Menu planning for low calories
2. Menu planning for reduced sodium
3. Menu for allergy
4. Menu for diabetic
5. Menu for low cholesterol
6. Other

**Member must be enrolled in any 4-H Foods Project.**

Using a piece of tag board (14" x 22") draw or attach pictures from magazines, of food to be eaten by an individual on a special diet:

- a place setting
- beverage container
- dessert plate
- 3"x 5" index card with the menu of the day this meal will be eaten. Foods should be chosen to meet the nutritional needs of the person.
- Attach 5"x7" card, with title indicating the special health need.
- Under title list the food items and give reasons why you choose them