

INDIVIDUAL MEAL APPEAL

REGISTRATION 2025

Must be returned by **February 28, 2025**

Name of 4-H'er: _____

Email & phone: _____

Club Name: _____ Contestant Age as of 1/1/25: _____

Division contestant is entering:

_____ Individual Cooking Demonstration (please attach your recipe to this form)

_____ Healthy Lunch Box (please include description)

_____ Nutritional Poster

_____ Place Setting

(Clovers, youth ages 5-7, may participate; they will receive participation ribbons only.)

University programs, activities, and facilities are available to all without regard to race, color, sex, gender identity or expression, sexual orientation, marital status, age, national origin, political affiliation, physical or mental disability, religion, protected veteran status, genetic information, personal appearance, or any other legally protected class.

If you need reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.