

# INDIVIDUAL MEAL APPEAL

## REGISTRATION 2023

Must be returned by **February 3, 2023**

Name Of 4-Her: \_\_\_\_\_

Contact person and email \_\_\_\_\_

Club Name: \_\_\_\_\_ Contestant Age as of 1/1/23: \_\_\_\_\_

Division club is entering:

\_\_\_\_\_ Individual Cooking Demonstration (please contact the office for the mystery ingredient/kitchen tool list and 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 a reasonable accommodation to participate in any event or activity, please contact your local University of Maryland Extension Office.*