



## Rutgers 4-H Youth Development of Mercer County

Brian M. Hughes, County Executive



### Cooking and Sewing Camps



all camps are held at our beautiful new facility at  
1440 Parkside Avenue, Ewing, New Jersey

All programs are delivered by Rutgers 4-H Youth Development faculty and staff.  
Sewing machines and all fabrics and materials are provided. All camps **include lunch**.  
Each week will include **NEW projects** for our returning campers.

Dates	Description	Fee	Grade Fall 2020
<b>June 22-26</b> 9 a.m. – 4 p.m.	<b>Creative Cooking &amp; Sewing</b> Go from consumer to chef in this exciting camp that teaches you how to shop for the freshest ingredients and turn them into a tasty lunch! Prepare 'from scratch' entrees, comparing taste and nutrition to store bought alternatives. In the afternoon, campers will repurpose old clothing into a variety of projects and use their imagination to make old items function in a new way.	\$195	4-9
<b>July 6-10</b> 9 a.m. – 4 p.m.	<b>'Back to Basics' Cooking &amp; Sewing</b> Prepare healthy snacks, meals, and desserts in our teaching and demonstration kitchens in the morning. In the afternoon, campers will make simple projects such as tote bags and pajama pants. The final day of camp will include a team cook-off and fashion show.	\$195	4-9
<b>August 10-14</b> 9 a.m. – 4 p.m.	<b>'Back to School' Cooking &amp; Sewing</b> Get a head start on preparing for back to school. Learn how to make nutritious and yummy lunches and afterschool snacks. Make a variety of projects to get organized for the start of the school year, such as pencil totes and wall organizers.	\$195	4-9

### Register at [mercercounty.njaes.rutgers.edu](http://mercercounty.njaes.rutgers.edu)

Camps fill quickly; please register early! Each week is capped at 15 youth to help create positive learning environments and to maintain favorable staff to camper ratios.

Once you register online, secure your spot in camp by paying with check or cash. Make checks payable to **Mercer County 4-H**. Mail or drop off at 1440 Parkside Avenue, Ewing, NJ 08638.



Questions regarding registration and payment should be directed to Erika Kaufman at [ekaufman@mercercounty.org](mailto:ekaufman@mercercounty.org) or 609-989-6830.

For more information about local 4-H programs, or to share this camp information with others, please visit [mercercounty.njaes.rutgers.edu/4h](http://mercercounty.njaes.rutgers.edu/4h)