

# The Hilda Rock Memorial Cooking Award

(To be awarded to the outstanding third year foods project member)

Mrs. Hilda Rock was the leader of the Brick Fiatt Sparklers 4-H Club for over 30 years. Her influence on the lives of her former members, and the memories of her many contributions to the Fulton County 4-H Program, live on.

An award has been created, funded by an anonymous donor, to honor Hilda's memory. The winner of this award shall be the 4-Her with the outstanding third year foods project, who plans to continue with 4-H foods projects in the future.

## Requirements:

1. 4-H member must have just completed the third year in a foods project. The member may have more years of membership, but it must be the third year that the member has been in a foods project.
2. 4-H member must show continued development of cooking skills over the three years, evidenced by the successful completion of foods project(s).
3. Experiences listed on application should show enthusiasm for cooking (such as extra recipes or tasks beyond the requirements of the project completed; extra activities done with cooking, such as cooking for family or community gatherings; or doing 4-H foods demonstrations).
4. 4-H member must plan to take a 4-H foods project again next year.

## Award:

The winner of this award will receive an anonymously donated cookbook, given in Mrs. Rock's honor, to encourage participation in 4-H foods projects.

To be considered for this award, please complete the application form found on the other side of this page.

**Application due to the Extension Office by the  
last Monday in August each year.**

**Award to be given at the Achievement Program in November.**

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## Application Form

Name \_\_\_\_\_

4-H Club \_\_\_\_\_ Age \_\_\_\_\_

4-H Foods Projects Taken                      What Year Taken (2014-15, 2015-16, etc.)

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Tell about how your cooking skills have gotten better over the years, and what successes you have had in your foods projects.

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List some experiences you have had in your foods projects. Write down some "extra" things you have done in your project, as listed in Requirement #3 on the other side of this sheet.

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What 4-H foods project do you plan to take next year?

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