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Foodways A 4-H Folkpatterns Project – One Person’s Garbage is Another Person’s Treasure

Michigan State University Cooperative Extension Service

4-H Club Bulletin

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Food Preparation

One Person's Garbage Is Another Person's Treasure

- PURPOSE:** To become aware of the variety of ways people use food by-products or leftovers
- YOU'LL NEED:** Paper or short-item cards
Pen or pencil
- TIME:** Varies
- HOW TO DO IT:** Ask people you know questions like the following:
- What do you do with leftover vegetables?
 - Do you ever save things like beet tops, coffee grounds, or walnut shells for any use? If so, how do you use them?
 - What do you do with bread once it has dried out?
 - Have you ever made soup using turkey bones after a holiday meal? If you have, share your method.
 - If there is one leftover piece of meat, what do you do with it?
 - Share a favorite recipe that makes use of leftovers.
 - How often do you save plastic margarine tubs, empty glass jars, popsickle sticks, etc.? How do you use them?
- Write down their answers. Share these answers at your next group meeting. Discuss some of the answers you've collected.
- NOW WHAT?** Put together a poster or booklet on what to do with leftovers or discarded parts of food. Exhibit this at the fair or a local food event.

A RECIPE FROM OUR THANKSGIVING: _____

Ingredients:

Family name: _____

Directions: _____

NOW WHAT?

1. When Thanksgiving time comes this year, take some photographs of the “behind-the-scenes” traditions (for example, the food gathering). Enter your photographs in a 4-H photography contest or exhibit.
2. Have each member of your group collect one recipe from his/her Thanksgiving dinner. Try cooking these recipes for a meeting. Make a booklet of your collected recipes.