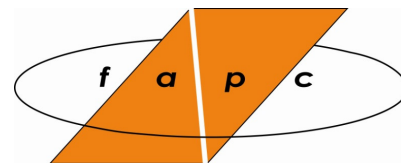




Celebrate Bake & Take Month in March



What is Bake and Take?

Bake and Take originated in 1972 with the Kansas Wheathearts, an auxiliary organization of the Kansas Association of Wheat Growers, as a community service event to celebrate the wheat harvest in Sumner County, Kansas. Even though the Kansas Wheathearts disbanded in 2001, Wheat Commissions from other states continue these efforts today.

Oklahoma 4-H is teaming up with the following organizations to promote **Bake & Take Month in March 2012**.

- Oklahoma State University's **Robert M. Kerr Food & Agricultural Products Center (FAPC)**, www.fapc.biz
The FAPC, located in Stillwater, OK, on the campus of Oklahoma State University, strives to keep food and agriculture-associated products, jobs and dollars home in Oklahoma. The FAPC offers large and small businesses, producers and entrepreneurs of Oklahoma, as well as other states, access to faculty and staff with expertise in business and food technical disciplines.
- **Made in Oklahoma Coalition**, www.miocoalition.com
In March 2000, several Oklahoma food manufactures began meeting to determine how they could collectively work together to increase sales of their products. Now many Oklahoma food and agricultural producers, processors and manufacturers joined together to promote brand awareness and consumer loyalty for Oklahoma products.
- **Oklahoma Wheat Commission**, <http://www.wheat.state.ok.us/>
In 1965, the Oklahoma Wheat Resource Act established the Oklahoma Wheat Commission and with it, a framework for Oklahoma wheat producers to invest in the promotion of their product, Hard Red Winter Wheat. Oklahoma wheat producers determine the priorities, and the organization is entirely producer-controlled.

4-H members across the state are asked to bake products made with wheat and using Made in Oklahoma Coalition products while completing the steps of service learning (preparation, action, reflection and celebration). The promotion is designed to educate youth in the science of baking and understanding of Oklahoma-produced products that can be made with wheat. It is also about the service learning process.

How to Participate:

A 4-H Club (with a minimum of three members participating) will bake a food item (*be creative*) using Oklahoma-milled flour **and** a minimum of one Made in Oklahoma Coalition product as a service learning project in the month of March. An example might be to take *appropriate baked items to places such as a senior center, area shelter, a family in crisis, an elderly or disabled person, animal shelter, etc*



"Oklahoma-milled flour" shall be flour milled from Hard Red Winter Wheat or Hard White Wheat. Flour used can be white flour that is enriched or non-enriched, or whole wheat flour. The following companies provide Oklahoma-milled flour:

Shawnee Milling Company Flours
Stone Stack Mill Whole Wheat Flour
Pillsbury Flours

Magee Farm's Flour
Fairview's Best Organic Whole Wheat Flour



Made in Oklahoma Coalition products must come from *only* Made in Oklahoma **Coalition** companies that sell appropriate food items. For example, farm-raised eggs will not count as a Made in Oklahoma Coalition product.

The following is a list of Made in Oklahoma Coalition companies:

- | | |
|----------------------------------|------------------------------------|
| Advance Pierre Foods | La Baguette |
| Bar-S Food Company | Lopez Foods |
| Big Mike's Homestyle Salsa, LLC | My Bigmama's Kitchen |
| Billy Sims BBQ | Natural Water Company, LLC |
| Braum's Ice Cream & Dairy Stores | Neighbors Coffee |
| Charlie Bean Coffee | OK Foods |
| Chef's Requested Foods | O'Steen Meat Specialties |
| Clements Food Company | Orchid Paper Products Company |
| Cusack Meats | Phatter Milling Company |
| Daddy Hinkle's | Premium Natural Beef |
| Field's Pies | Ralph's Packing Company |
| From the Woods, LLC | Schwab & Company |
| Griffin Foods Company | Serapio's Tortillas |
| Head Country | Shawnee Milling Company |
| Henderson Coffee Corporation | Suan's Foods Inc. |
| Hiland Dairy Company | The Bama Companies, Inc. |
| Iron Star BBQ Sauce | The Original Chili Bowl |
| J.M. Farms | Value Added Products |
| JC Potter Sausage Company | Van's Pig Stands BBQ Sauce |
| Kimberly-Clark Corporation | Vineyard Fruit & Vegetable Company |
| Kreb's Brewing Company | |

There will be two categories this year. They will be judged separately. Groups may enter in only ONE of the following categories:

| <u>Scrapbook Category</u> | <u>Video Category</u> |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <p>Group will submit a scrapbook documenting the following steps of service learning. Scrapbooks should be a minimum of three pages and a maximum of six. These pages can be front and back. Books will be judged on appearance, the steps of service learning listed in this document and fulfilling the stated requirements on the attached score sheet. The entry form must be attached to the scrapbook.</p> | <p>Group will submit a DVD or flash drive documenting the following steps of service learning. Videos should be between five and seven minutes. Videos will be judged on appearance, the steps of service learning listed in this document and fulfilling the stated requirements on the attached score sheet. The entry form must be attached to the DVD or flash drive.</p> <p>Note: Do not use copyrighted music in your video.</p> |

Steps of Service Learning

- **Preparation** – choose audience/recipient, contact group to find out dietary needs/restrictions, research wheat and Made in Oklahoma Coalition products, select an appropriate recipe, shop for supplies, etc.
- **Action** – include all members of the group, bake the item, package the item, deliver the item, etc,
- **Reflection** – Discuss process and outcome, document the activities, make the scrapbook or video as a team. Scrapbook information must include:
 - Members involved.
 - Products used (Oklahoma-milled flour and at least one additional “Made in Oklahoma Coalition” Product). For information on acceptable products, go to www.miocoalition.com. Products made in Oklahoma that are not part of the coalition are encouraged but will not count as the required product.
 - Information that was learned about wheat and/or “Made in Oklahoma Coalition” products.
 - Recipe that was chosen.
 - News article or a copy of information that was submitted to a news outlet. The article should include reference to 4-H, FAPC, Made in Oklahoma Coalition and the Oklahoma Wheat Commission.
 - Proof of delivery from recipient (thank you note, newspaper article, something signed by recipient, etc).Video information must include:
 - Members involved.
 - Products used (Oklahoma-milled flour and at least one additional Made in Oklahoma Coalition Product). For information on acceptable products, go to www.miocoalition.com. Products made in Oklahoma that are not part of the coalition are encouraged but will not count as the required product.
 - Information that was learned about wheat and/or Made in Oklahoma Coalition products.
 - Recipe that was chosen.
 - Product delivery method(s) and reaction(s) of the recipient(s).
- **Celebration** – Contribution and accomplishments are acknowledged

AWARDS

The Made in Oklahoma Coalition and the Oklahoma Wheat Commission are offering awards to top clubs for participating. The top three 4-H clubs participating in baking and using Oklahoma products while documenting their effort in each category will receive 1st place \$250, 2nd place \$150, 3rd place \$100. The 1st place club in each category will also have an opportunity to tour an Oklahoma food processing company. The awards committee will judge the entries using the attached score sheet. Scrapbooks and Videos will not be judged against each other.

For more information, contact:

- Tracy Beck, Coordinator, 4-H Youth Development, (405)744-8891, tracy.beck@okstate.edu
- Renee Albers-Nelson, Milling/Baking Specialist, FAPC, (405)744-6071, renee.albers_nelson@okstate.edu

Note: Youth may participate in Bake and Take without entering a scrapbook or a video but will not be eligible for the awards. However, all participants are asked to submit photographs, videos and stories of their participation.

All submissions are subject to be placed on the State 4-H, Robert M. Kerr Food & Agricultural Products Center, Made in Oklahoma Coalition, Oklahoma Wheat Commission and individual coalition company WEBSITES, FACEBOOK, and TWITTER social media sites.

NOTE: DO NOT USE COPYRIGHTED MUSIC IN YOUR VIDEO!

Bake and Take Entry Form

Due April 16th along with Scrapbook

Submit to: State 4-H Office, Attn: Tracy Beck, 205 4-H Youth Development Stillwater, OK 74078

Groups may participate in only ONE Category

Scrapbook or Video (please circle one)

| | |
|--------------------------------|------------------------------------------|
| County: | |
| Club Name: | |
| Educator or Volunteer Leader: | |
| Address: | |
| Phone #: | |
| Email address: | |
| Participant Names (list below) | Ages as of January 1 of the current year |
| | |
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| | |

Signature of Extension Educator

Date

All submissions are subject to be placed on the State 4-H, Robert M. Kerr Food & Agricultural Products Center, Made in Oklahoma Coalition, Oklahoma Wheat Commission and individual coalition company WEBSITES, FACEBOOK, and TWITTER social media sites.

NOTE: DO NOT USE COPYRIGHTED MUSIC IN YOUR VIDEO!

BAKE AND TAKE SCORESHEET

Note: Entries may be showcased on the State 4-H website, Made in Oklahoma Coalition website, FAPC website or Oklahoma Wheat Commission website.

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|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------|
| County: | | |
| Club Name: | | |
| <u>ACTION</u> | <u>COMMENTS</u> | <u>POINTS</u> |
| <p><u>Scrapbook or Video Overall Appearance (creativity, neatness, organization, etc)</u></p> <p style="text-align: right;">POSSIBLE POINTS (20)</p> | | |
| <p><u>Steps of Service Learning</u></p> <ul style="list-style-type: none"> • <u>Preparation</u> -choose audience/recipient, contact group to find out dietary needs/restrictions, research wheat and “Made in Oklahoma Coalition” products, select an appropriate recipe, shop for supplies, etc. • <u>Action</u>- include all members of the group, bake the item, package the item, deliver the item, etc, • <u>Reflection</u>– Discuss process and outcome; document the activities; make the scrapbook or video as a team. • <u>Celebration</u> - Contribution and accomplishments are acknowledged <p style="text-align: right;">POSSIBLE POINTS (40)</p> | | |
| Counties may submit in only one category – Scrapbook or Video | | |
| <p><u>Requirements of Scrapbook</u> Scrapbook information must include:</p> <ul style="list-style-type: none"> • Members involved (minimum of 3) • Products used (Oklahoma milled flour and at least one additional “Made in Oklahoma Coalition” Product). • Information that was learned about wheat or “Made in Oklahoma Coalition” products • Recipe that was chosen • Minimum of 3 pages and maximum of 6. May be front and back • News article or proof of submission to news outlet. The article should include reference to 4-H, Made in Oklahoma Coalition and the Oklahoma Wheat Commission. • Proof of delivery from recipient (thank you note, newspaper article, something signed by recipient, etc) | <p><u>Requirements of Video</u> Video information must include:</p> <ul style="list-style-type: none"> • Members involved (minimum of 3) • Products used (Oklahoma milled flour and at least one additional “Made in Oklahoma Coalition” Product). • Information that was learned about wheat or “Made in Oklahoma Coalition” products • Recipe that was chosen • Delivery of the product(s) and reaction(s) of the recipient(s) <p style="text-align: right;">POSSIBLE POINTS (40)</p> | |
| <u>TOTAL POINTS</u> | | |

Judges Signature: _____