4-H CLUB FACT SHEET

Epic Eats 4-H Club
Duval County 4-H

Club Purpose

The purpose of this 4-H club is to spark a lifelong love of cooking while building practical kitchen skills and confidence. Through hands-on culinary experiences, youth will learn essential techniques, explore new recipes, and develop healthy food habits. More than just cooking, this club fosters creativity, teamwork, and independence in a fun and supportive environment—one delicious dish at a time!

Club Projects

This club focuses on 4-H project areas such as food science, cooking, and nutrition. Youth will gain hands-on experience in the kitchen while learning about the science behind food, healthy eating habits, and culinary techniques. Through engaging activities and guided instruction, members will explore how food choices impact well-being and develop skills that promote lifelong healthy living.

Club Contacts

4-H Volunteer Club Leaders
Reetu Natter
Ann Allen
Ashley Heilig
Tara Kalb
Contact Information :
@ : duval4h@ifas.ufl.edu
# : (904) 255-7450

Meeting Details

When: 2nd Tuesdays @ 6:30 pm
Where: Duval County Extension Office (1010 North McDuff Ave, Jacksonville)
Ages: All Ages (Capping at 20 youth members)

Member Registration and Dues

4-H Online: Create a family profile at http://v2.4honline.com
All 4-H members have profiles in 4-H Online, details on enrollment can be found here.
County Dues: $30.00 per youth/per year; paid online through your 4-H Online profile.
Club dues: $20 per child, can pay with cash or check at first of second meeting.