**Summer Fun......with 4-H!**

Call 884-3109 to Sign Up!

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**Locavore Cooking Day Camp:**

**July 26-28** for rising 6th, 7th, and 8th graders from 9:00 – 12:00.

Invite a friend to sign up with you for three days of fun – preparing tasty recipes using local food and visiting some local farms/gardens that produced it. On July 27 we’ll take our “food show” to KOALA for a Mexican Fiesta party after eating a “locavore lunch” at a restaurant (we’ll end later, at 2:30 at KOALA on July 27). Cost is $30 each. Class is limited to 12 youths. **Locavore:** someone who tries to eat locally-produced foods.

**“Farm Fun” Day Camp:**

**August 1 and 2** for 8 – 10 yr olds from 10:00 – 12:00

On August 1 we’ll visit a farm/garden to get local food and make/use “bug suckers” to help reduce insect pests on the plants. On August 2 we’ll play games and prepare local foods in the Extension Kitchen. Cost is $10 per child. Class is limited to 10 youths. Children must be accompanied by an adult on the field trip August 1.

**“Outdoor Adventure” Day Camp**

**August 9 and 10** for 8 – 11 yr olds from 8:30 – 12:30.

Get outside to learn more about birds, stream critters, trees, and animal tracks! We’ll go to the Cradle of Forestry, explore the Davidson River, and learn to use binoculars. Cost is $10 per child. Class is limited to 6 youths.

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**Overnight 4-H Camps for Ages 8 – 14***

Check out one of our NC 4-H overnight camps – at [http://www.nc4h.org/centers/index.html](http://www.nc4h.org/centers/index.html)

All North Carolina 4-H Camps are open to the public. Youth do not have to be a member of a 4-H Club to attend. Camps are generally one week long and cost approximately $350 per child if you register through your 4-H agent.

For more information contact 4-H Agent Mary Arnaudin at 884-3109 or Mary_Arnaudin@ncsu.edu.

* The Eastern Center offers a marine science sailing camp for age 12-17.