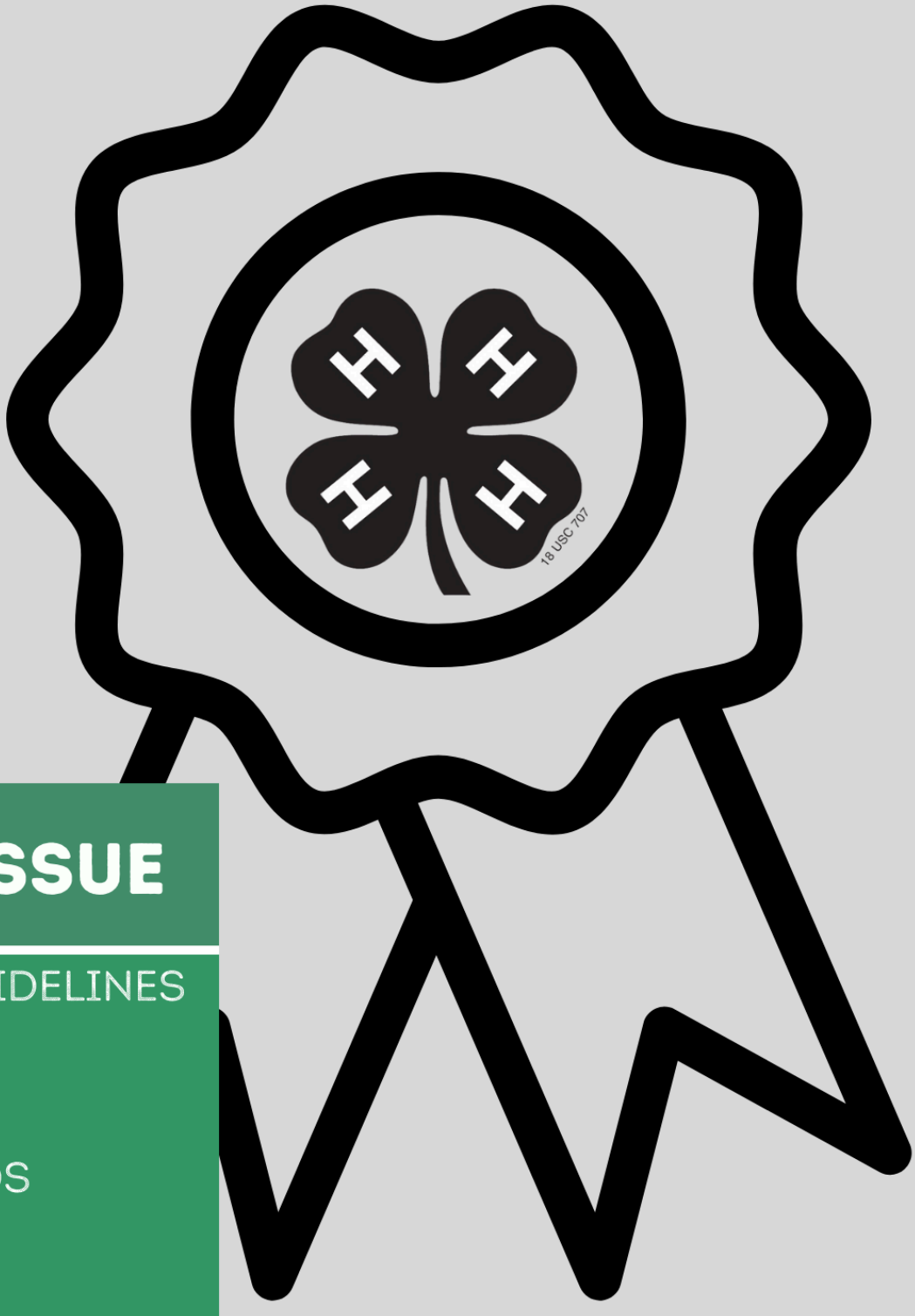
2025

NORTH CAROLINA 4-H

AWARDS HANDBOOK







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PORTFOLIOS

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AND MORE!





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4-H Competitive Guidelines

Age Requirement

The North Carolina 4-H Youth Development programs are open to young people aged 5 through 18 (Note: This is through their 18th year; if they are 19 years old on January 1, they cannot compete). 4-H age is determined by a young person's age on January 1 of the 4-H program year, which runs (January 1 to December 31). This is consistent with National 4-H competitive guidelines. 4-H participation should involve age-appropriate experiences designed for youth aged 5 to 7 (Cloverbuds) and youth aged 8 through 18.

4-H Competitions are only open to youth who are ages 8 as of Jan. 1 and not have passed their 18th birthday on Jan. 1 of the year they are competing. Check with your county for specific eligibility rules for all 4-H Competitions.

Membership Requirements

- **MUST be enrolled in 4-H through 4-H Online at https://nc.4honline.com/**
  - Read the 4-H Code of Conduct
  - Approval from 4-H Agent/County 4-H Office
  - Payment of entry fees if applicable

Age Categories

Cloverbud	Age Categories
North Carolina 4-H and NC State Extension has a no competition rules for 5-7 year old's. Best program management practices for youth ages 5-7 do not involve peer-to-peer competition. Peer-to-peer competition is defined as head to head absolute of youths 5-7.	Age Categories are listed below unless noted otherwise in specific competitions: – 8-10, 11-12, 13-15, 16-18 – Project Records – 13-15, 16-18 – Portfolios – 8-10, 11-13, 14-18 – Presentation

Competition Year is January 2025 – December 2025

4-H Presentations At a Glance

Age Categories: 8-10, 11-13 & 14-18

Animal Science

Horse

Objective: To increase the level of horse knowledge and expertise.

Topics Include: horse selection, breeding systems, care of mare and foal, the importance of nutrients, quality of feed and hays, health, anatomy and function, determining lameness, management, training, design of farms or barns, equine age determination, how to measure a horse's height, how to break a young horse, horse sports, understanding horse behavior, etc.

District Award if applicable: Medal **State Award if applicable:** $25

Horse Public Speaking

Objective: To build confidence in a youth's ability to present horse-related information in a logical and concise manner.

Topics Include: horse selection, breeding systems, care of mare and foal, the importance of nutrients, quality of feed and hays, health, anatomy and function, determining lameness, management, training, design of farms or barns, equine age determination, how to measure a horse's height, how to break a young horse, horse sports, understanding horse behavior, etc.

District Award if applicable: Medal **State Award if applicable:** $25

Livestock & Dairy Production

Objective: To increase the level of knowledge and expertise of production technologies and issues of the livestock and dairy industries.

Topics Include: feeding, balancing rations, creep feeding, feedlot equipment, hay and silage for ruminants, management, animal growth curve, care of young, the use of growth hormones, proper milking procedures, steps to castration, herd health, control of parasites, foot care trimming, disease prevention and control, industry-specific issues, how to show livestock, how to judge animals, methods of marketing, grading stock, genetics & reproduction, breeding selection, handling, loading and hauling, economic value, promotion, etc.

District Award if applicable: $75 **State Award if applicable:** $50

Small & Companion Animals

Objective: To learn basic information and skills needed in the selection, care, and training of small animals.

Topics Include: the basic care of a dog, cat, bird, rabbit, hamster, etc., obedience, care of pets during a hurricane or emergency, picking the right pet, breeds of an animal, animal health, prevention of parasites, animal uses, etc.

District Award if applicable: $50 **State Award if applicable:** $50

Poultry

Objective: To increase the level of knowledge & expertise in poultry science, poultry industry, poultry production, and poultry products.

Topics Include: embryology, backyard or commercial flocks, food safety in preparing poultry products, industry-specific issues, egg grading, poultry judging, avian anatomy, egg candling, showing chickens, etc.

District Award if applicable: Medal **State Award if applicable:** $50

Citizenship & Civic Education

Citizenship/Community Service

Objective: To encourage youth to learn about the citizenship program, to learn to be better citizens, how they can support their community, country, and world, to become involved in their community through service activities, and to teach youth the importance of giving back to their community.

Topics Include: The Constitution, the three branches of government, how bills become laws, the rights & responsibilities of being a US citizen, good and bad citizenship, current laws discussed in congress, identifying a community need, planning a service project, a national need of service, etc.

District Award if applicable: $50 **State Award if applicable:** $75

Communication & Expressive Arts

Arts & Communication

Objective: To study and investigate the varied aspects of communications and expressive arts. Also, to provide a forum for youth to share information related to communications and expressive arts.

Topics Include: modern crafts, art, collections, hobbies, dance, sign language, creative writing, music, clowning, acting, video editing, songwriting, etc. **NOTE:** This is a presentation category, not a performance opportunity.

District Award if applicable: $50 **State Award if applicable:** $50

Digital Reality

Objective: Defined as a combination of real and virtual worlds, real-time interaction, and accurate 3D registration of virtual and real objects. It is also described as real-world connection with technology. In this presentation, youth will showcase the enhanced natural environments and present enriched experiences using digital technology.

Topics Include: Showing technologies or computer-generated that uses augumented reality, how AR is enhancing the world today, how AR is used on smartphones, how AR is used in the military, the pros and cons of online learning, what makes a great video game, video game design, virtual reality, etc.

District Award if applicable: $50 **State Award if applicable:** $75

Public Speaking

Objective: To develop an appropriate speaking presence and increase knowledge of and skills in speech preparation and delivery.

Topics Include: patriotism, 4-H involvement, teen pregnancy, alcohol and teens, staying in school, the effects of media on youth, academic testing, volunteerism, being a positive role model, teen advocacy, becoming a leader, etc.

District Award if applicable: $50 **State Award if applicable:** $75

Family & Consumer Sciences

Family & Consumer Sciences

Objective: To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science.

Topics Include: Parenting, preparing and/or following a budget, stain removal, fabrics and selection of fabrics, tips for storing out-of-date clothing, the study of fibers, and clothing entrepreneurship. living space re-designs, room makeovers, home safety (radon, carbon monoxide, etc.), comparison shopping, energy conservation, waste management, the importance of recycling, creating an accessible home for those with a disability, etc.

District Award if applicable: 8-10 & 11-13 = $50; 14-18 = $100
State Award if applicable: 8-10 & 11-13 = $25; 14-18 = Gold $150, Silver $75, Bronze $25

Hospitality, Etiquette & Social Graces

Objective: To encourage youth to learn and model proper etiquette and social graces.

Topics Include: introductions, a proper place setting, cell phone etiquette, party/event planning, dining dos and Don'ts, writing thank you notes, dressing for a social occasion, flag etiquette, meeting etiquette, banquet etiquette, power of body language, polite conversation starters, etc.

District Award if applicable: $100 **State Award if applicable:** $100

Environmental Science

Entomology

Objective: To depict aspects of entomology as fun and illustrate the importance of insects to human health and well-being.

Topics Include: insect collecting, the life cycle of insects, beekeeping, insect pests, fire ants, ticks, and spiders, how to raise crickets, how insects fly, keeping your home roach free, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = $75 **State Award if applicable:** $37.50

Environmental Science (Soil & Water)

Objective: To increase awareness of environmental problems, which involve soil, land, or water resources, and to recognize the importance of these resources to individuals and society today.

Topics Include: lake/river beautification, stormwater, landfills, estuaries, protecting the Outer Banks, erosion control, groundwater, flood control, recycling, water conservation projects, recycling dairy waste, soils for animal waste lagoons, composting of home gardens, problem soils and septic tanks, etc.

District Award if applicable: 8-10 & 11-13 = Medal; 14-18 = $75
State Award if applicable: 11-13 & 14-18 = $50

Fisheries & Aquatics

Objective: To engage youth in a deeper understanding of our aquatic environment and how to make wise decisions concerning aquatic resources.

Topics Include: aquaculture, marine life (fresh & salt water), fishing (commercial & recreational), marine environmental issues, (oil spills, beach litter, etc.), sea turtles, scuba diving, overfishing, sustainable fishing practices, setting up an aquarium, whales, beach litter, crawfish aquaculture, pond management, habitat issues, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = $75 **State Award if applicable:** $50

Forestry & Wildlife

Objective: To learn basic information and skills involved in forest and wildlife management.

Topics Include: tree identification, reforestation, invasive species, wildlife habitat, endangered species, prescribed burning, North Carolina wildlife identification, backyard wildlife, wildlife rehabilitation, etc. Guidelines on the web: https://forestry.ces.ncsu.edu/4h/

District Award if applicable: Medal **State Award if applicable:** $50

Healthy Lifestyles

Agricultural Safety & Health

Objective: To encourage youth to explore the area of agromedicine, farm safety & health as well as to gain a greater understanding of the connection between mental/physical health and agricultural work.

Topics Include: first aid for pesticide exposure, best steps for hazard mapping, grain bin safety and rescue, managing farm stress, tractor rollover protections, how to build safe play areas on farms, field hygiene and hand-washing, respirator fit-testing, safe handling of livestock, zoonotic disease, PTSD Veteran farmers, how to read pesticide labels, needle stick prevention, farming ergonomics, mental health in farming communities, etc.

District Award if applicable: Gold - $150
State Award if applicable: Gold - $200; Silver - $150, Bronze - $100

Health/Fitness

Objective: To encourage youth to investigate and improve their health, and the health of their family and community.

Topics Include: weight management and diet, exercise, fitness plans, asthma, car seat safety, carbon monoxide poisoning, child abuse, dental hygiene, eating disorders, CPR training, Heimlich maneuver, gang violence, heart disease, immunizations, Down Syndrome, cancer and cancer screening, sports injuries, the benefits of recreational activity, karate, etc.

District Award if applicable: $75 **State Award if applicable:** $25

Foods & Nutrition

Objective: To learn the nutritional contributions in any food area that is not already identified as a presentation category, to acquire skills in planning, purchasing, preparing, and serving healthy foods, and basic in-depth nutrition.

Topics Include: bread, cookies, dairy, nutrition, major food groups, healthy eating, family recipes, pie making, meal prep, etc.

District Award if applicable: $75 **State Award if applicable:** $75

Turkey Grilling

Objective: The contestant will prepare and cook turkey patties using ground turkey (as is 85-90% lean) provided by the contest monitors. At least 75% by weight of the burger ingredients must consist of the ground turkey. Only the patties are submitted, and no other hamburger toppings may be included. Contestants must use a charcoal grill, and learn outdoor grilling skills, cooking principles of poultry and knowledge of nutritional values are to be demonstrated. **Oral Presentation is required for the 14-18 Age Category**.
https://national4hpoultry.ca.uky.edu/content/turkey-barbecue

District Award: Medal **State Award:** Medal & trip to National 4-H Turkey Barbecue Contest (Gold)

Chicken Grilling

Objective: Each contestant will prepare four (4) bone-in, skin-on chicken thighs (1.5-2.0 lb. total) using a charcoal grill, and learning outdoor grilling skills, cooking principles of poultry, and knowledge of nutritional values are to be demonstrated. **Oral Presentation is required for the 14-18 Age Category.**
https://national4hpoultry.ca.uky.edu/content/chicken-barbecue

District Award: Medal **State Award:** Medal & trip to National 4-H Chicken Barbecue Contest (Gold)

Beef Char Grilling

Objective: Prepare at least ¾-pound of beef using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of beef, and knowledge of nutritional value are to be demonstrated.

District Award: $50 **State Award:** $75

Pork Char Grilling

Objective: Prepare at least ¾-pound of pork using charcoal OR gas grill, and learn outdoor grilling skills, cooking principles of pork, and knowledge of nutritional value are to be demonstrated.

District Award: $50 **State Award:** $75

Seafood Grilling

Objective: Prepare a recipe that must contain no more than 750 calories per serving (serving size 3-4 oz.). Participants will learn outdoor grilling skills, cooking principles of seafood, and knowledge of nutritional value are to be demonstrated.

District Award: $50 **State Award:** $75

Safety

Objective: To encourage and promote safe living in the home and the community.

Topics Include: first aid, CPR, home fire safety plans, child identification safety, Amber Alerts, farm safety, school bus safety, babysitting safety tips, etc.

District Award if applicable: Medal **State Award if applicable:** $25

Fruits & Vegetable Use

Objective: To learn the nutritional contributions of fruits and vegetables and acquire skills in planning, purchasing, using freshly picked fruits and vegetables, in preparing and serving fruits and vegetables in meals and snacks.
Topics Include: fruits and vegetables in your diet, the importance of fiber in your diet, vitamin A, fruit salads, fun with vegetables, etc.

District Award if applicable: $75 **State Award if applicable:** $100

Egg Chef Challenge (Egg Cookery)

Objective: To develop an demonstrate leadership and communication skills, acquire knowledge of quality standards, size classification, nutritional value, preparation and storage, functional properties, versatility, and economic value of eggs, develop creative skills in the preparation, use, and serving of eggs, learn to enjoy eggs as food and use sound nutritional knowledge when planning meals.
https://national4hpoultry.ca.uky.edu/content/egg-preparation-demonstration

Topics Include: Creating a prepared dish, meeting the minimum egg service size requirement, information on the nutritional value, quality, and versatility of eggs, steps involved in the preparation of the dish, and a finished dish ready for sampling.

District Award if applicable: $75 **State Award if applicable:** $50

Peanut Foods

Objective: To learn the nutritional contributions of peanuts and acquire skills in planning, purchasing, preparing, and serving peanuts in meals and snacks. Recipes presented must contain at least 1/8 cup (2 tablespoons) of peanuts, peanut butter, or flavored peanut pieces per serving.

Topics Include: peanut dishes, peanuts adding protein to meals, combining peanuts and grains in main dishes, peanuts and salads together, etc.

District Award if applicable: $75 **State Award if applicable:** $100

Dairy Foods

Objective: To acquire skills in planning, purchasing, and serving dairy foods in meals and snacks, to learn scientific principles related to the safe care and handling of dairy foods, how dairy foods help meet the calcium and protein requirements of normal nutrition, develop an appreciation of the nutritional value of dairy foods.

8-10 & 11-13: Mastery of preparation steps of product chosen to represent a healthy choice of dairy foods
14-18: Present a creative, knowledge-based presentation. Food preparation skills **are not** an emphasis. Each presentation should be knowledge-based with little or no focus on food preparation skills.

Rules & Regulations:
https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/presentations/presentation-guidelines-dairy-foods/

District Award if applicable: Medal **State Award if applicable:** $50

Personal Development

Open Class

Objective: To provide opportunities for youth to present unique subjects that are broader than the established subject categories.

Topics Include: how to play chess, cake decorating, studying your family tree, flying a kite, the great pyramids, how to pack for a trip, setting a beautiful table, etc.

District Award if applicable: Medal **State Award if applicable:** $25

Careers & Entrepreneurship

Objective: To encourage youth to investigate careers in which they are interested and refine skills they will need for the workplace.

Topics Include: presentations on any career path, how to become a veterinarian, nurse, teacher, lawyer, rocket scientist, etc., what a park ranger does, a day in the life of a racecar driver, I want to be an archeologist, resume writing, dress for success, how to select a college, starting your own business, learning interview skills, etc.

District Award if applicable: $50 **State Award if applicable:** $50

Plant Science

Horticulture Science

Objective: To learn how to gather information related to fruits, vegetables, ornamental plants, and landscape design for the purposes of increasing food security and food safety, sustaining the environment, and enhancing economy vitality.

Topics Include: determine strategies for selling organic flowers at a farmer's market, growing the flowers for the farmer's market and selling them, collecting and propagating seeds of native wildflowers in your area, tour a tissue culture lab and learning about micropropagation, making a secret garden hideaway, build a self-sufficient treehouse with hydroponic containers, create an edible landscape for your school, evaluate the best beans for a teepee, design edible place favors, create a corsage for your favorite person using herbs, make a wreath using all-natural materials, and build a fairy crown using leaves from your favorite plant, etc.

District Award if applicable: $100 **State Award if applicable:** $100

Science & Technology

Agriculture Science (Crops)

Objective: To explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization.

Topics Include: alternative crops, pest management, biotechnology in crop production, no-till crop production, crop issues surrounding peanut, cotton, tobacco, etc.

District Award if applicable: 8-10 = Medal; 11-13 & 14-18 = $75 **State Award if applicable:** $50

Wheels & Engines

Objective: To learn basic information and skills needed to purchase, operate and maintain a bicycle, skateboard, automobile, motorcycle, ATV, tractor, and small engine equipment.

Topics Include: road rules, types of bikes, skateboards, maintenance, repair, recreational activities, car selection, repair, maintenance and performance racing, etc.

District Award if applicable: Medal **State Award if applicable:** $50

Science & Technology

Objective: To encourage study and investigation in all aspects of science and technology.

Topics Include: DNA, genetics, science fair competitions, chemistry, physics, geology, biotechnology, aerospace, rocketry, computer science, the science of volcanoes, hurricanes, etc.

District Award if applicable: $75 **State Award if applicable:** $50

Electric

Objective: To demonstrate knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts.

Topics Include: magnets, solar energy, energy-saving devices, how electricity is generated, wire size, amps, watts and voltage, meter reading, lamp repair, construction, etc.

District Award if applicable: $75 **State Award if applicable:** $50

CloverBud

Objective: All 4-H youth ages 5-7 as of January 1 of the current year are invited to participate in the Cloverbud Presentation program. Participants in this category will have the opportunity to present, gain experience, and receive positive feedback on their presentation skills. Cloverbud participants will not be ranked, as this program is designed to encourage learning and growth in a supportive environment.

Topics Include: any topic that is 4-H appropriate in this category.

District CloverBud Participation ribbon will be presented

Please note that all awards are contingent upon funding.

Presentation Rules & Regulations

Age Divisions: 8-10, 11-13 & 14-18

Each county may enter two participants per age division per category for District Competition.
District GOLD & SILVER winners in all age categories are eligible to compete in State Presentation Finals.

1. Age eligibility is established on January 1, 2025. To participate in 2025, the 4-H member must be 8 years old on January 1, 2025, and not have had his/her 19th birthday before January 1, 2025.
2. The same presentation may be repeated from one year to the next (exception: see #15). However, the individual's personal development will be greater if the presentation is revised and improved.
3. Time Requirements: For all general presentation categories, the following time requirements are expected: a minimum of 5 minutes and a maximum of 12 minutes. Judges will use their discretion in ranking presentation length. Exceptions are as follows: Public Speaking (5-7 minutes); All Horse Categories (see #4); Chicken Barbecue (2 hours); Turkey Barbecue (2 hours); Pork Cookery (2 hours); Beef Char-Grill (2 hours). Turning baskets or cooking baskets are not permitted during Chicken and Turkey BBQ.
4. Horse Category Time Requirements: Horse, Individual 8-10, 11-13: 4-12 minutes; Horse, Individual 14-18: 9-12 minutes; Horse, Team 8-10, 11-13: 5-15 minutes; Horse, Team 14-18: 10-15 minutes; Horse Public Speaking 8-10, 11-13: 4-10 minutes; Horse Public Speaking, 14-18: 8-10 minutes. One point is deducted per judge for each minute under or overtime limits.
5. Youth competing in presentations compete against their room's competition, not a standardized norm.
6. Each county may enter two participants in each age division in each category.
7. 4-H'ers may compete in no more than one presentation program per year. The "Talent Showcase" (4-H Entertains) is not considered a presentation program.
8. Horticulture Science, Fruit & Vegetable, Egg Chef Challenge (Egg Cookery), and Peanut Foods categories must be a "demonstration". Monetary awards will be given to these category gold winners.
9. Presentation Awards: A participation ribbon is given to each district participant at District Activity Day. A medal is presented to the gold, silver and bronze winners. One presentation in each category will be designated the district winner. The district gold winner in all age categories will be eligible to compete on the state level. EXCEPTION: Talent Showcase/4-H Entertains awards blue ribbons and participation ribbons. Those will be invitation only.
10. The decision of the judges in each category is final.
11. All awards monies on the District level will be distributed to the county 4-H program in late fall and will be given to the youth by the county 4-H program.
12. In order to receive the district awards, the gold winner must attend state 4-H presentation finals to compete.
13. Ages 8-10, 11-13 and 14-18 district silver presentation winners are invited to participate in the state contest at their expense.
14. 4-H members may continue to compete in a presentation category/division until declared a state gold winner. When the member reaches another age division, he/she may again participate in the same category.
15. A team is composed of two individuals except in 4-H Entertains, which has no limit. If team members are not in the same age division, they must compete in the older division. CloverBuds are not able to participate in 4-H Entertains.
16. No live animals may be used in any presentation. Firearms and/or weapons or anything resembling these are not allowed during any presentation.
17. Donor contacts and addresses can be obtained through the North Carolina 4-H Development Office.
18. 4-H members age 14-18 will be asked to present a knowledge-based presentation. There should be no food preparation presented during the presentation; thus, no tasting by judges.
19. Presenters are not required to say "the question has been asked" and then repeat the question.

20. 4-H Entertains is for amateur performers only. Any 4-H members or groups who perform for pay are not eligible.
21. Chicken and Turkey Char-Grill 14-18 Age Categories are required to do an oral presentation. See specific category descriptions above for more information. The meat will be provided for state level competition for these categories provided funding is available.
22. Please avoid promoting any "brand" items in your presentations. If you use specific brands especially in your foods presentations, just cover up the name labels.
23. Costumes or appropriate clothing can be worn in your presentations. All clothing must meet the 4-H Guidelines and must be 4-H appropriate.
24. 4-H Presentations MUST BE presented in person and cannot be pre-recorded except for VERY SHORT inserts to demonstrate something that can't be shown during the presentation, unless you are competing in a pre-recorded category. (ie. serving a volleyball; a robot driving over a course).

** For specific suggestions on the use of visuals, see the Presentation Handbook.

2025 4-H Presentation (District Activity Day)

District Presentation Competition

- **SC - June 17 - Iredell & Catawba Host at: West Iredell High School**
- **SE - June 20 - Carteret, Craven & Pamlico Counties - Wayne Community College**
- **West - June 21 - Transylvania, Watauga & Yancey Host at Asheville-Buncombe Technical Community College**
- **NC - June 21 - Durham County Host at NC A&T State University**
- **NE - June 24 - Martin County Host at Martin Community College**

District Activity Day State Registration Deadline is May 23rd for all DAD participants. Counties will set their own deadline earlier than May 23rd. There will be no exception to the May 23rd due date.

State Presentation Finals

Presentations in all categories will be held face-to-face.

State Presentation Finals Registration Deadline is June 27, 2025 - NOON

- **State Presentation Finals Date – July 21, 2025 - tentative**

For awards traditionally funded by endowments, the payment of the award in 2025 will be dependent upon the availability of investment income.

4-H Project Records

Age Categories: 8-10, 11-12, 13-15 & 16-18

Animal Science

Objective: Allows youth to explore the world of animal science. Records in this category should include any project related to animal science. Animal science is described as the study of the biology of animals that are under the control of mankind. Typically, you will include, but not limited to, cattle, sheep, pigs, goats, poultry, and horses.

Citizenship & Civic Education

Objective: Allows youth to explore the world of citizenship and civic education. Civic means relating to the community and connecting with the duties and obligations of belonging to a community. Citizenship is about understanding certain duties, rights, and privileges and solving real problems in a community. Youth discover the possibilities of democratic citizenship and build a commitment to take action in new and exciting ways. Service learning is engaging youth in actively giving back to the community and reflecting thoughtfully on the implications of service, all to make their communities a better place.

Communication Arts

Objective: Allows youth to explore topics that emphasize artistic expression and communication. Topics range from photography, crafts, dance, music, media, creative writing, poetry, clowning, theater, acting, speech, language, etc.

Environmental Science

Objective: Allows youth to explore through fields, forests, wetlands, and urban areas to discover the wonders of the environment. Through 4-H projects in this area, youth learn about the interconnection of people and nature.

Family & Consumer Sciences

Objective: To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science.

Healthy Lifestyles

Objective: Allows youth to explore the world of healthy lifestyle programs that include food and nutrition, health, and safety projects. Youth learn to make healthy food choices, gain knowledge of nutrition, and improve physical, intellectual, emotional, and social health.

Plant Science

Objective: Allows youth to explore the world of plant science. Youth can investigate soils, plants, crop production, and more.

Personal Development & Leadership

Objective: To encourage youth to develop themselves in the area of leadership. Focus on what they have done in 4-H as it relates to career readiness and leadership.

Science & Technology

Objective: To allow youth to demonstrate their knowledge of basic electricity, electric energy, conservation of energy, as well as the technology that is used to help understand science. Science is defined as the study of the world around us. It's the theory that lies behind all of our 4-H projects. Technology is defined as the tools and applications of science that help individuals advance.

4-H Project Record Rules & Regulations

Age Categories: 8-10, 11-12, 13-15 & 16-18

Each county may enter two participants per age division per category for District Competition. Records are only judged on the District Level. Gold, Silver and Bronze winners will be selected.

1. The project record competition recognizes excellence in annual 4-H project record books. Youth, who have been declared county champions in one or more of the curriculum areas listed, are eligible to compete for district awards in four age groups: 8-10, 11-12, 13-5, and 16-18.
2. District gold awards are valued at $50.
3. Age eligibility is established on January 1 of the project year. Work on the project may cover no more than 12 months. The 4-H program year is January – December, annually.
4. Records will be held in the County Extension office after judging. The 4-H'ers may not make improvements or alterations to the content of the record books after they have been submitted for county competition. This will ensure equal time for competitors to work on their project records. Project work in records should reflect work from January through December. Records are due in the State 4-H office on March 3 or as noted by the state 4-H staff.
5. A 4-H member may submit up to two project records for district competition. Counties may submit their top two projects in each category for district competition.
6. The district award will be mailed to the County Extension office and distributed as determined by the county 4-H program staff. Award checks are written in the fall upon completion of all 4-H award areas.
7. Project records that are partially funded will receive a monetary award, which reflects current funding.
8. A 4-H member can be named a district gold winner in a curriculum area only one time for each age category. They can continue competing in that category, however can only be named a gold winner once.

Project Records for the 2024 project work will be due to state level on March 2, 2026

For awards traditionally funded by endowments, the payment of the award in 2025 will be dependent upon the availability of investment income.

*Certificates are available for county level recognitions from the State 4-H office. Pins, plaques, and other award items can also be purchased from the National 4-H Supply Service for county level recognition.

4-H Portfolios

Age Categories: 13-15 & 16-18

Animal Science

Agriculture
Objective: Allow youth to explore the production and utilization of agronomic crops and learn new technologies and developments in crop production/utilization.

Beef
Objective: To increase the level of knowledge and expertise of production technologies and issues of the beef industry.

Dairy
Objective: To increase the level of knowledge and expertise of production technologies and issues of the dairy industry.

Horse
Objective: To increase the level of horse knowledge and expertise and build confidence in a youth's ability to present horse related information in a logical and concise manner.

Poultry Production & Preparation
Objective: To incresase the level of knowledge & expertise of poultry science, poultry industry, poultry production, &/or poultry products.

Sheep/Goat
Objective: To increase the level of knowledge and expertise of production technologies and issues of the sheep/goat industries.

Swine
Objective: To increase the level of knowledge and expertise of production technologies and issues of the swine industry.

Veterinary Science
Objective: To increase the level of knowledge and expertise of issues related to veterinary science.

Citizenship & Civic Education

Citizenship & Community Service
Objective: To encourage youth to learn about the citizenship program, to learn to be better citizens, how they can support their community, country, and the world, to become involved in their community through service activities, and to teach youth the importance of giving back to their community.

Communication & Expressive Arts

Public Speaking/Communications
Objective: To provide opportunities for youth to develop an appropriate speaking presence and increase their knowledge of and skills in speech preparation and delivery.

Expressive Arts
Objective: To encourage youth to study and investigate the varied aspects of communications and expressive arts. Also, to provide a forum for youth to share information related to communications and expressive arts.

Environmental Science

Forestry & Natural Resources
Objective: To teach youth the skills involved in forest & wildlife management.

Family & Consumer Sciences

Family & Consumer Sciences
Objective: To increase the level of knowledge regarding child and family relationships, parenting, family/home management, financial management, and consumer science.

Healthy Lifestyles

Foods & Nutrition
Objective: To encourage youth to learn the nutritional contributions in any foods to acquire skills in planning, purchasing, preparing, and serving healthy foods, and to learn about basic/in-depth nutrition.

Health & Safety
Objective: To encourage youth to investigate and improve their health and the health of their family and community.

Sports Nutrition
Objective: To encourage youth to research topics associated with nutrition and diet as it relates to athletic performance. Research should connect to the type and quantity of fluid and food taken by athletes and sports training regiments, such as strengths and endurance sports.

Personal Development

Achievement
Objective: To encourage youth to develop and recognize personal growth through their 4-H career. In this portfolio, youth will share all of their most valuable 4-H experiences and combine them into one 4-H Portfolio. Focus on those projects, activities, and accomplishments that they have excelled in and learned the most about.

Leadership
Objective: To encourage youth to develop themselves in leadership. Focus on what they have done in 4-H as it relates to leadership.

Career & Personal Development
Objective: To encourage youth to investigate careers in which they are interested and refine skills they will need for the workplace.

Plant Science

Plant & Horticultural Sciences
Objective: To encourage youth to research plant and horticultural sciences. To teach youth how to properly grow and market horticultural crops, ornamental plants, how to apply landscaping principles etc.

Science & Technology

Electric Energy
Objective: To allow youth to demonstrate their knowledge of basic electricity, electric energy, conservation of energy, and other related electrical principles and facts.

Science & Technology
Objective: To encourage study and investigation in all aspects of science & technology. This does not include Electric as Electric has its own category.

4-H Portfolio Rules & Regulations

Age Categories: 13-15 & 16 -18

Portfolios for the 2024 program year will be due to state level on March 3, 2025.

Each county may enter as many Portfolios as they wish, however a 4-H'er may only submit 2 total for District and State Competition. Portfolios are judged on the District and State Level.

1. Age eligibility is established on January 1, 2025. To participate in the 13-15-year-old age group, the 4-H member must be 13 years old on or before January 1, 2025 and not have had his/her 16th birthday before January 1, 2025. To participate in the 16-18-year-old group, the member must be 16 years old on or before January 1, 2025 and not have had his/her 19th birthday before January 1, 2025.

2. To be eligible for district and state awards, the member must:
   a. has been enrolled in 4-H at least three years, and preferably more than three years,
   b. be enrolled during the current year in the program area in which competing,
   c. record three years of information on the pages of the NC 4-H Portfolio report form.

3. A 4-H member may submit a Portfolio for district and state competition in no more than two program areas during the same year.

4. A 4-H member may be declared a state winner in only one 4-H Portfolio per year. He/she may also be declared state silver or bronze winner in one additional program area per year.

5. A 4-H member may continue in the same Portfolio category after they are declared a gold winner in that age category. However, they cannot be awarded state gold more than one time in each age category. They can be declared state silver or bronze more than one time.

6. There is no limit to the number of Portfolios a county can submit in any categories.

7. If a creditable Portfolio is not submitted in a project area, no winner will be declared.

8. As of December 1, 2025, some donors had not renewed their support contracts, or a donor had not yet been secured for some 2025 programs. Therefore, if a donor is not secured or renewed for a category, the state award will be a certificate and medallion.

9. Awards that are provided by state donors will be distributed in the fall of the year selected.

State and District Portfolio Awards

District level winners receive a ribbon. State level winners receive a ribbon, medal, and award of the following value, unless otherwise noted. *

Ages 13 to 15:	Ages 16 to 18:
Gold, $150 Silver, $100 Bronze, $50	Gold, $150 Silver, $100 Bronze, $50

**For those awards traditionally funded by endowments, the payment of the award in 2025 will be dependent upon the availability of investment income.*

4-H Group Awards

Electric

Purpose:
The 4-H Community Service Program encourages 4-H groups to become involved in the electric project. Either a county or club group can compete for the electric award.

Report Form: https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/
Complete the report form and compile in a report folder with "evidence" of the work that was completed by the 4-H'ers. Pictures, newspaper articles, etc can be used as evidence.

Community Service

Purpose:
The 4-H Community Service Program encourages 4-H groups to become involved in improving their communities by solving problems through action projects based on the following methods:

- Develop relationships with community leaders.
- Identify and consider community problems.
- Make a plan of action.
- Carry out the plan.
- Take a look back and ahead.
- To develop a group unity in a successful community group project.
- To develop leadership responsibility while carrying out a project.

Objective:

- Learn the importance of group action to accomplish results beyond the reach of any one individual.
- Develop a concern for the community and it's people.
- Provide information to help people become aware of a problem and gain public commitment for action.

Each county can submit 1 community service group award for district and state competitions.
The deadline is March 3, 2025.

Community Service Group Award Form: https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/

- Complete the report form and compile in a report folder with "evidence" of the work that was completed by the 4-H'ers. Pictures, newspaper articles, etc. can be used as evidence.

AIRE

Application, Interview, Resume & Electronic Video

AIRE (Application, Resume, Interview, and Electronic Video is a workforce development and college prep program. Youth, ages 11 – 18, are eligible to participate in this program in one of two ways.

Option 1: Youth participate in this program by completing the four (4) AIRE candidate packet components. All candidates submitting a complete packet will be invited to participate in either the State-Level competitive program (open to youth ages 14-18) or in the non-competitive program (open to youth ages 11-13). Youth participating in the competitive AIRE program are eligible to be selected to attend national events such as National Congress, National Conference, and International Leadership Conference.

Option 2: Youth participate in this program by completing the AIRE program components as self-study and/or as part of their local 4-H program. Option 2: Does not require the participant to submit their AIRE packet for State-level review.

**Youth participants selecting Option 1: Are required to submit their AIRE candidate packet to their local 4-H agent prior to the state submission deadline. **Please contact your local 4-H agent for your county submission deadline.*

WHO CAN PARTICIPATE?
Any youth ages 11-18 may participate. Age is determined by age as of January 1 of the current year. Youth must be registered and approved in 4-HOnline.

The application and more information can be found:

https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/application-interview-resume-essay-aire/

Due May 15 - State Deadline - contact your county 4-H Agent about the county deadline.

Contact:
Dr. Shannon B. McCollum
4-H Youth Development Specialist, Extension Associate
shannon_mccollum@ncsu.edu
(919)515-8486

4-H Achievement Plan

The purpose of this document is to highlight the 4-H member experiences through activities, leadership, citizenship, and service. This form is meant to be all-inclusive of 4-H and non-4-H work but can be utilized in multiple years for the purposes of applying to each opportunity separately.

- The Achievement Plan, Honor Club Application, and AIRE applications coincide with one another in terms of 4-H achievements and experiences.

- 4-H Agent/Staff work with 4-H'ers to ensure this is being formatted and saved correctly for you.

- The 4-H Achievement Plan will help youth advance throughout their 4-H Career. It will help in:
    - Setting goals and making plans to reach them.
    - Enriching their 4-H program as they grow.
    - Evaluating their own efforts and accomplishments and by taking a look with 4-H leaders as to how well they have met their goals.
    - Reaching more of their goals.
    - Setting new goals that will help them grow and develop their skills and personality.

- The Achievement Plan has:
    - CloverBud - Age 5
    - CloverBud - Age 6
    - CloverBud - Age 7
    - Green Level
    - Bronze Level
    - Silver Level
    - Gold Level
    - Achievement Level

Link to application: https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/
(under General Forms)

4-H Scholarships

State Deadline - February 3, 2025

We are pleased to announce that through the North Carolina 4-H Development and the support of 4-H Donors, we will have the opportunity to award scholarships for outstanding 4-H members in North Carolina.
A complete list of scholarships, including detailed information can be found:
https://nc4h.ces.ncsu.edu/youth-3/4-h-awards-incentives-programs-2/

Application Process:

The following constitutes a completed NC 4-H Scholarship Application

a. NC 4-H Scholarship Application Form
b. Official High School Transcript
c. Scholastic aptitude test scores (SAT or ACT) – optional for 2024
d. Letter of recommendation (1 academic and 1 4 -H achievement)
e. Applicant's current resume – two-page resume – 4-H'ers choice on style
f. Essay (required for NC 4-H Horse Program scholarships)
g. Financial need statement (optional, confidential)

Each student is responsible for completing his/her NC 4-H Scholarship application package. However, the 4-H Agent is required to review the entire packet with them and the checklist for a completed application on the back of the application form, after it has been completed by the 4-H'er.

Please be prepared to upload a copy of their 4-H Resume separately.

The entire application packet will need to be scanned into one pdf and uploaded in addition to the 4-H Resume.

Please note that the financial need statement is optional and will be confidential. Financial need statements can be mailed directly to Dr. Shannon McCollum at the State 4-H Office.
Online Registration will be required.

4-H Trophies

Each year, NC 4-H honors the most outstanding 4-H'ers in Agriculture, Citizenship and Community Service, and Family and Consumer Sciences with named trophies.

4-H Trophy's are awarded to our top young people in the three (3) different categories. They are chosen based on their outstanding 4-H record work in citizenship, FCS and Agriculture.

Award Winners will be recognized at the 4-H Donor Event during 4-H Congress. Winners each year will be presented with a as well as the traveling trophy. The trophy can be housed in the county office to showcase what great work the winner has done.

Commissioner James A. Graham 4-H Agriculture Trophy

4-H Citizenship & Community Service Trophy

Dr. Eloise Cofer Family & Consumer Science Trophy

Congratulations to the following individuals for being named a 4-H Trophy Winner!

2024 Trophy Winners
Commissioner James A. Graham 4-H Agriculture Trophy
Jordan Mitchem
Caldwell County

4-H Citizenship & Community Service Trophy
Addie Dillon
Caldwell County

Dr. Eloise Cofer Family & Consumer Science Trophy
Valerie Suedbeck
Pitt County

4-H Donors

4-H has led the pack for over a century because of the incredible generosity of folks in the community who understand its great mission and great potential.

The generosity of our 4-H Donors provides the awards and incentives that challenge each and every 4-H'er to live up to our motto, "to make the best better."

This generosity sends us to camp and provides the means for us to attend Congress and Council Conference.

And their generosity finally propels us to college, that great launching point for success in the world today.

Every step of our 4-H journey is possible due to the generosity of our donors. Their giving of time, funds and encouragement each year, made our progress a little easier, our futures a little brighter.

Thank you on behalf of every 4-H award winner and scholar for helping us "make the best better"!

Other Competitions

2025 Dinah Gore 4-H Healthy Food Challenge

Age Categories
8-10, 11-13, & 14-18

The Dinah Gore 4-H Healthy Food Challenge is a contest that challenges a team of three to four 4-H members to create a dish that will serve three people using a predetermined ingredient, food category (Appetizer, Main Dish, Side Dish and Healthy Dessert), and items from the pantry. Once the ingredient is revealed, the team will have 40 minutes to prepare the dish, clean up and prepare their presentation for the judges. The team will make a presentation to the judges covering their dish, its health benefits, and the nutrients that the dish provides to the body. The presentation is no more than 10 minutes long.

Regional Competitions will be held in 2025 due to the previous participation numbers. Designated Winners in each region will compete in the State Competition on May 17th.

March 8, 2025 - West Region - Iredell County

March 22, 2025 - East Region - Nash County

Regions are based on our **Area Specialized Agents Map**.

State Competition Eligibility

- 8-10 year-old age group: Top 2 Teams move on to State Competition per Region
- 11-13 year-old age group: Top 2 Teams move on to State Competition per Region
- 14-18 year-old age group: Top 3 Teams move on to State Competition per Region

State Competition

Contest Date: May 17th, 2025

Contest Location: Got To Be NC Festival– NC State Fairgrounds, Raleigh, NC

Objectives:

- Practice the importance of safe food handling.
- Improve food preparation skills
- Demonstrate food resource management including food budgeting and reducing food waste
- Recognize the importance of using seasonal local foods.
- Make wise food choices according to MyPlate.
- Practice Teamwork/Critical Thinking.
- Demonstrate presentation skills

For More Information, including Contest Rules & Guidelines, and Agent Information, visit https://nc4h.ces.ncsu.edu/youth-3/dinah-gore-4-h-healthy-food-challenge/

Questions may be directed to Shannon McCollum, Extension 4-H Associate, Youth Development Specialist, shannon_mccollum@ncsu.edu (919)515-8486.

Subject Matter Competitions and Events

For a list of other competitions, please look on the subject matter specialist pages listed below.

Shooting Sports - https://nc4h.ces.ncsu.edu/youth-3/nc-4-h-shooting-sports-program/

Horse – Equine Husbandry - https://equinehusbandry.ces.ncsu.edu/equinehusbandry-nc-4-h-horse-program/

Poultry 4-H Program - https://poultry4hyouth.ces.ncsu.edu/

Youth Livestock Program - https://youthlivestock.ces.ncsu.edu/

4-H Electric Program - https://nc4h.ces.ncsu.edu/electric/

Horticultural and Entomology 4-H Programs - https://growforit.ces.ncsu.edu/

Wildlife Habitat Education Program (WHEP) https://forestry.ces.ncsu.edu/4h/

Forestry Contest https://forestry.ces.ncsu.edu/4h/

Calendar of Events

The NC 4-H Calendar of Events can be found by going to: nc4h.org, click on 4-H Calendar from the menu.

NC 4-H Opportunities

Click below to see a list of North Carolina 4-H Opportunities.

https://nc4h.ces.ncsu.edu/youth-3/4-h-teen-programs/

- Scroll down to the document – NC 4-H Opportunities

Questions?

Contact:
Shannon McCollum, Ed.D
Youth Development Specialist
(919)-515-8486
shannon_mccollum@ncsu.edu

Mailing Address:

US Postal Service
Box 7655 NCSU
Raleigh, NC 27695

OR

FedEx & UPS
TBD - will be updated as soon as possible.