Nine youth, ages 9-14, enrolled in the 2023 Summer Breakfast Club. The club met from 8:30 am until 10:30 am every other Thursday in the summer: June 8 and 22, July 6 and 20, and Aug 3. Each meeting started with the participants cooking breakfast, eating together, and cleaning the kitchen before engaging in learning a new life skill.

This opportunity was advertised along with our other 2023 Summer Opportunities on social media, on our webpage, through our email distribution list, in the local newspaper, on the local radio, and using flyers on kiosks and at local events.

There were ten spots available in the program. Capacity was based on facility space and transportation.

Cost of the program was $25 per participant and registration was done using Eventbrite. Program cost were offset by utilizing an Amazon wish list for the community to contribute to supplies such as kitchen wares and stationary.

To determine what lessons were taught, social media was used to poll the public on what life skills they thought today’s youth needed to know and could use more instruction on.

Day one, youth made French toast roll-ups before learning to iron shirts and properly hang and fold dress pants and shirts.

Day two, youth made chocolate chip pancakes before tackling vehicle maintenance. Youth learned to check tire pressure, plug a tire, check oil levels, and change windshield wipers on a vehicle.

Day three, youth made biscuits and gravy from scratch and then learned etiquette, including how to formally set a table, answer the phone, and fold an American flag.

Day four, youth cooked omelets and country ham before traveling to the nearest grocery store to play supermarket bingo checking some hard-to-find items off their grocery lists. Due to the morning hours, there were few customers in the store. Therefore, participants decided to invite store staff to play bingo with them.

The final meeting, youth made baked donuts before wrapping up by writing thank you notes, addressing and stamping envelopes, and putting them in the mailbox.

At each meeting, youth were grouped in threes to work on their recipe before the group came together to eat the meal. In the test kitchen we have a few rules: 1) you make it, you taste it, and 2) everyone helps clean up. Clean up duties include washing, rinsing, drying, and putting dishes up, wiping down cooking surfaces, and returning ingredients to the refrigerator/pantry.

Extension agents from other program teams were utilized for their knowledge in a few lessons. These agents received thank you notes from the participants that were written and mailed during the final club meeting.

Photos from throughout the program were shared on our social media pages. 4-H Agents from around the state have inquired about replicating the program using different topics and parents from these participating youth and other youth have asked if the program will be held again in the future. Potential future topics include balancing a check book, sewing a button, and sharpening knives.

No formal evaluation was done on this program. However, the 4-H Agent’s children were in the program and now iron their own clothes before school if needed. In addition, a week after the program concluded, she received a thank you note from a participant who said they were sending the note to their aunt. The note read: “Dear Mrs. Alana, Thank you for an awesome cooking class. I loved making donuts. You’re very fun. Thank you so much. Love, Hartley”