



**CANADA**  
4-H Manitoba

# Intermediate, Senior & Adult Activities for Home

## Sustainable Agriculture & Food Security

### Food Challenge

With Covid-19, many families are spending time in the kitchen. We are challenging our members to share your favourite recipe and pictures of you preparing it. We will share the recipes we receive, with our 4-H Manitoba families.

### National Volunteer Week

The week of April 19th is National Volunteer Week. To celebrate one of your 4-H leaders, please create an Acrostic from the word **Leader** and email it to M4HC. An Acrostic is a type of puzzle where each letter of Leader is the first letter of a new word which describes your leader.

**L**earn **E**ncourage **A**chieve **D**evelop **E**ducate **R**esults

Use your imagination and creativity - we want to share your submissions with everyone.

### World Book Day - Apr. 23rd

In 1995, UNESCO's General Counsel decided to celebrate books and authors with World Book Day. April 23rd was chosen because several well-known authors, including William Shakespeare, were either born or died on that date. Please report on a book that you have read, are reading or intend to write to M4HC by **Apr. 30th**. One \$25 Gift Cards, which can be used online for McNally Robinson Booksellers, will be awarded by random draw. For more information on World Book Day visit <https://www.un.org/en/observances/book-and-copyright-day>.

Please send all submissions to [learns@4h.mb.ca](mailto:learns@4h.mb.ca)