



UNIVERSITY of CALIFORNIA  
Agriculture &  
Natural Resources

**Make it Safe,  
Keep it Safe**

**Saturday, October 25, 2008**

UCCE-Contra Costa County 4-H Office  
75 Santa Barbara Road-2nd Floor  
Pleasant Hill, CA 94523  
*Large Conference Room  
Up back stairs*

**OR**

**Saturday, November 15, 2008**

Contra Costa County Fairgrounds  
1201 W. 10th Street  
Antioch, CA 94509  
*Administration Office Conference Room*

**BOTH WORKSHOP TIMES**

\*8:30 AM—Sign in  
9:00 SHARP to 12:00 Noon  
workshop/training

*\*Be sure to eat breakfast before you arrive*

**Please bring or fax your club  
registration to the 4-H Office**

**by September 30**

**FAX: 925-646-6708**

*Or mail before 9/30/08*  
75 Santa Barbara Rd, 2nd floor  
Pleasant Hill, CA 94523



**Updated Food Safety and Nutrition**

Information Workshop **Fun,**

**Informative, Interactive...Required!**

This workshop will kick off with a NEW inter-  
active nutrition update, followed by activities  
that demonstrate the importance of preparing  
food safely for yourself and others.

**ALL 4-H clubs and Master  
Gardeners are to send their:**

Cooking, Baking, Foods/Nutrition  
Project Leaders, Jr./Teen Leaders and  
MG volunteer representatives who will be  
planning/participating in: Potlucks, food  
booths, snack tables, fundraising meals etc.  
throughout the year must be compliant with  
CA State safety requirements through this  
workshop.



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**Fax this page to: 925-646-6708  
 by Sept. 30, 2008**

**Make it Safe, Keep it Safe Enrollment—October 25, 2008**

Participant's Name \_\_\_\_\_

4-H Club \_\_\_\_\_ Attending:  Oct. 25 in Pleasant Hill  
*Select one date*  Nov. 15 in Antioch

Daytime phone: \_\_\_\_\_ E-mail: \_\_\_\_\_

1. **Have you had previous training in food safety?** (*circle one*) Yes  
 No Not Sure

2. **Indicate the type of organization you are representing** (*circle all that apply*)

- 4-H Youth Development
- Master Gardener
- FSNEP
- EFNEP
- Other (*Please give name of program*) \_\_\_\_\_



3. **How many individuals do you expect to train and/or share food safety information with?** \_\_\_\_\_

4. **Gender** (Circle one) Male Female

5. **Age Range** (Circle one) Teen 20's 30's 40's 50's 60's 70+

6. **Ethnicity** (Check the one group you identify with)

- African-American
- Asian or Pacific Islander
- Caucasian
- Hispanic
- Native American/Alaskan Native

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**Trainer's Name:** Marisa Neelon, R.D., M.S. Nutrition, Family Sciences Advisor **Date:** October 25, 2008 or November 15, 2008  
**Location:** UCCE-Contra Costa 75 Santa Barbara Road, 2nd Floor, Pleasant Hill, CA 94523 and CCC Fairgrounds, 1201 W.10th, Antioch, CA 94509