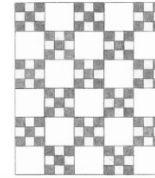
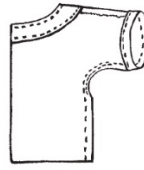




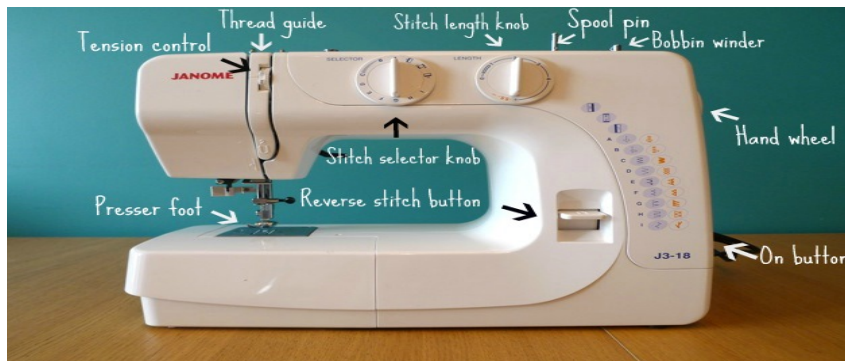
All About Discovery!
 College of Agricultural, Consumer
 and Environmental Sciences
 Cooperative Extension Service
 Extension 4-H Youth Development

Home Economics



4-H Sew and Go – Greentop

400.C-15 (R-18)



This project teaches youth sewing skills through the construction of luggage items. Youth will complete at least three of the following items: Quick Sack, Handy Duffel, Super Duffel, or Jumbo Garment Bag.

In this project, 4-H members will learn:

- About sewing tools and equipment.
- About your sewing machine and how to use it.
- To select appropriate fabric and notions.
- To prepare fabric and notions for use.
- To complete basic sewing procedures.

During the project, 4-H members will:

- (Juniors will) select one items to complete.
- (Seniors will) select three of the items to make in order to complete.
- Plan in order to complete each of the items selected.
- Select tools and supplies carefully and follow the sewing instructions closely to obtain the best quality possible.
- Give a demonstration or talk on sewing at your club meeting.
- Attend at least six 4-H club meetings.
- Keep records of your expenses, activities, and leadership.
- Exhibit three items at a county or state fair, with project record sheet.

Resources:

- Sew & Go Project Book – 100.C-15
- General Project Record Sheet 300.A-7 (R-18)

Requirements:

- Review your project book, record sheet and greentop to become familiar with the project before your first Project meeting or practice.
- Complete the General Project Guidelines.
- Participate in club and county, district or state contests, or county and state fairs.
- For completion of the Sew & Go, complete the record sheet and turn in a county record book to your local Extension Agent.
- Project requirements vary according to Junior and Senior status.

Citizenship and Leadership

Activities:

- Give a talk or demonstration about your sewing project at your club or county contest.
- Assist with fairs or Achievement Day in your county.
- Teach another person one of your skills you've learned through the Sew & Go Project.
- Donate what you have created to a local Senior Center during the holidays or any other opportunity that presents itself.
- Donate items created for a 4-H fundraiser.

Cardenas, 2005