

\$10 MEAL CHALLENGE: Southwest Burrito Bowl



2020 Iowa State Fair – Des Moines, Iowa

Name: Macy Harnden

4-H Club: Boone Progressors

Grade: 7th

Division: Family & Consumer Sciences

Class: 10490: \$10 Meal Challenge

4-H Fair Exhibit Form – Iowa State Fair – Des Moines, Iowa

Name: Macy Harnden

Club: Boone Progressors

Grade: 7th

Project: \$10 Meal Challenge - Southwest Burrito Bowl Dinner

Division: Family & Consumer Sciences

Class: 10490: \$10 Meal Challenge

Number of years in this project: 1 Year

1. What did you plan to learn or do? (What was your exhibit goal(s)?)

Being from a large family of 7, I know that it can be helpful to find cost-effective meals that are not only balanced and healthy, but taste good too! My goals for this exhibit were to create a dinner for a family of 4 for \$10 or less. I wanted the meal to be healthy and include all 5 food groups. I also wanted to select a dinner that I knew my family would all enjoy, and with 7 people in our family, that is not always an easy task!

2. How does your selection create a *balanced* meal?

My dinner selection creates a balanced meal because it includes components from all 5 food groups. Each meal provides calories and nutrients toward the recommended daily amount as determined by the United States Department of Agriculture.

3. Who are you cooking for? (Age of Youth, Adults, Family, etc.)

a. How does this meal plan appeal to your intended audience?

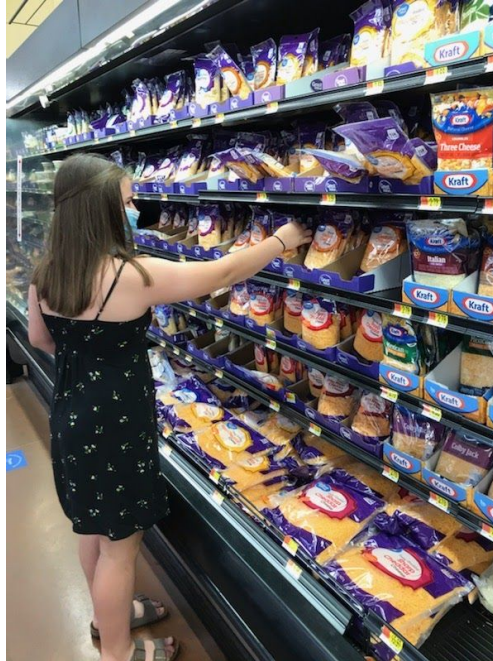
I am cooking this dinner for myself, my 17-year-old brother and my mom and dad. One of the main reasons I selected this meal is because I knew

that most of my family members like southwest or tex-mex type food. My brother and I have a similar meal to this for lunch at our school, and I knew that it would be a meal that everyone would enjoy!

4. What steps did I take to complete this project?

Planning The Meal: The very first thing I did was plan what meal I would be making. I decided to make southwest burrito bowls, with bananas for my fruit component and ice water for a refreshing summer drink. I knew that the burrito bowls along with the bananas would cover all of the food groups, and still be a healthy, delicious meal for a family of four.

Shopping For Ingredients: After deciding what I would make, I went to Walmart in West Des Moines to buy my groceries for the meal. I decided to go to Walmart because I knew they would have everything I needed at very reasonable prices. Because the goal of this exhibit is to make a dinner for four, for \$10 or less, it was extremely important that I find what I needed at low prices. While I was shopping it was also important that I find packages that included enough servings for a dinner for four people. I was able to purchase all ingredients for my dinner for a total of \$9.90.



Preparation of the Recipe: After coming home from the store, I cleaned all of my cooking surfaces, including my kitchen island and stove. I then set out all my ingredients and measuring cups so that I was ready to cook. I also tied up my hair to make sure that it would not get in the food.



Step 1: Start cooking rice as directed on the package.

Step 2: Drain the pre-cooked canned chicken, warm in a frying pan and shred the chicken as it is warming/frying. Add taco seasoning. Warm/fry the chicken for about 10 minutes on a medium setting.

Step 3: Put Beans, Tomato Salsa, Lettuce, Cheese, and Sour Cream in bowls.

Step 4: Once the chicken and rice are done cooking, put both components in separate bowls. I set out all of the food components on our island so that it would be easy to put each burrito bowl together.

Step 5: Cut up bananas and put them on a clean plate.

Step 6: Put all burrito bowl ingredients into a bowl with the correct portions, and set on the plate along with the bananas.

Step 7: Once all of the plating is done, pour a cold pitcher of ice water and the dinner is ready to enjoy!



5. What were the most important things you learned while you worked towards your goal?

- **Health & Nutrition** – Through this meal planning process, I learned a lot about the health and nutrition of these food products. I learned that meals can contain a lot of healthy foods, and still taste good. I also discovered that it was not that difficult to include foods from all five food groups as there are so many options.
- **Time Management** - While making the meal I realized that it is very important to manage your time while cooking. I needed to make sure that everything would be ready at the proper time, so that all of the food would be hot and fresh.
- **Staying on Budget** - I found that it was very helpful to use a calculator as I was doing my grocery shopping as this helped me stay on budget and helped me decide which products I would purchase. As I was shopping, I learned that it is almost always cheaper to buy the “generic” or “store brand” of most grocery items and in this case the quality of all of my products was very good.

- **Challenges I Faced With My Exhibit -**

- This was one of the first times that I created my own recipe, and it was a little stressful as I wanted everything to work out. This was also my first time doing research on servings through the USDA's MyPlate website. I found it to be very interesting, but also found it to be challenging. I had to determine the size of the servings for my family based on the size of the ingredient packages that I purchased at Walmart.
- One other lesson that I learned is that rice can be tricky to cook as this was my first time cooking it! I didn't follow the directions my first time cooking it, and it ended up being soupy. My second try worked out perfectly as I made sure to follow the instructions!
- I also learned that including a meat product for the protein group, such as chicken or beef can make it difficult to stay on budget. I would have preferred to buy fresh chicken breasts, cook them in the oven, and then shred it instead of using canned chicken, but the cost is considerably more expensive when going with fresh meat.



6. What was the cost of your supplies/materials?

GROCERIES:

- Canned Chunk Chicken Breast (Less Sodium)- \$2.08
- Taco Seasoning Mix - \$0.44
- Natural Brown Long Grain Rice - \$0.78
- Black Beans (No Salt Added) - \$0.58
- Shredded Iceberg Lettuce - \$1.62
- Finely Shredded Colby & Monterey Jack Cheese - \$1.98
- Fire Roasted Tomato Salsa - \$0.98
- AE Sour Cream Dip (Any Flavor) - \$0.92
- 4 Bananas - \$0.52

TOTAL COST OF GROCERIES: \$9.90



PRESENTATION MATERIALS:

- 1 20x30 Foam Board - \$3.00
- Card Stock - Already had at home
- Elmer's Spray Adhesive - Already had at home
- I printed the color photos for my exhibit at Walgreens - \$4.18



7. What ideas or plans do you have for the future based on what you have learned or discovered?

After my learnings from this exhibit, I would definitely like to try this challenge again. I think it would be fun to come up with some economical meals for breakfast and lunch as well. I have a sister who is currently a Clover Kids member and it would be a fun experience for her and I to compete against each other for our own \$10 challenge for some of our family meals!

IOWA 4-H \$10 MEAL CHALLENGE



DINNER MENU

Southwest Burrito Bowl

With Seasoned Shredded Chicken Breast, Brown Rice,
Shredded Lettuce, Black Beans, Shredded Cheese,
Salsa & Sour Cream

Banana Slices

Ice Water



Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Total Servings needed per day	Cost
Fruit	Bananas	4	1 Cut Banana (1/2 Cup)	2 Cups	\$0.52
Vegetable	Lettuce	2	1/2 Cup Lettuce	3 Cups	\$1.62
	Salsa		1/3 Cup Salsa		\$0.98
Protein	Chicken Breast	2	3 Oz. Chicken		\$2.08
	Black Beans		3.8 Oz. Black Beans	6 Ounces	\$0.58
Grain	Long Grain Brown Rice	1	4 Oz. Brown Rice	7 Ounces	\$0.78
Dairy	Shredded Cheese	2	1/4 Cup Shredded Cheese	3 Cups	\$1.98
	Sour Cream		1/8 Cup Sour Cream		\$0.92
			TOTAL COST		\$9.90



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\$10 Meal Challenge by MACY HARNDEN

Planning, shopping and preparing a meal made up of different foods and a variety of nutrients is an important life skill. This challenge encourages you to explore the grocery store and consider ways to select more nutritious foods while sticking to your budget. To achieve this challenge you will create a balanced meal (incorporating all five food groups) for a family of four offering the recommended serving size of each food item.



This meal must include a serving from each of the 5 food groups:

Fruit, Vegetable, Protein, Grain, Dairy

The meal must serve a family of 4 people and total expenses of receipt is \$10 or less.

Resources: information regarding food groups and recommended serving sizes can be found on the USDA's MyPlate website.

1. Select the Meal type you are planning for: (Breakfast, Lunch, Dinner)

2. Describe the food item selected for each food group and the correct portion size:

Food Group	Food Item	Total Items Purchased	Portion Size (per person)	Total Servings needed per day	Cost
Fruit	Bananas	4	1 Cut Banana (½ Cup)	2 Cups	\$0.52
Vegetable	Lettuce	2	¾ Cup lettuce	3 Cups	\$1.62
	Salsa		1/3 Cup Salsa		\$0.98
Protein	Chicken Breast	2	3 Oz. Chicken	6 Ounces	\$2.08
	Black Beans		3.8 Oz. Black Beans		\$0.58
Grain	Long Grain Brown Rice	1	4 Oz. Brown Rice	2 Ounces	\$0.76
Dairy	Shredded Cheese	2	1/4 Cup Shredded Cheese	3 Cups	\$1.98
	Sour Cream		1/8 Cup Sour Cream		\$0.92

3. How does your selection create a balanced meal?

*PLEASE READ WRITTEN REPORT FOR MORE DETAILED INFORMATION! Thank you!

5. Explain the strategies that you utilized to complete this challenge related to:

*PLEASE READ WRITTEN REPORT FOR MORE DETAILED INFORMATION! Thank you!

- Planning the Meal
- Shopping for Ingredients
- Preparation of the Recipes

6. What were the most important things you learned while you worked towards your goal? (Be sure to share a challenge that you may have experienced.)

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7. What ideas or plans do you have for the future based on what you have learned or discovered?

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My Project Sources:

- **United States Department of Agriculture “Choose My Plate”**

Website: <https://www.choosemyplate.gov/>

- **SOUTHWEST BURRITO BOWL Recipe by Macy Harnden**

Canned Chunk Chicken Breast (Less Sodium) - 12.5 ounces

Taco Seasoning Mix - 1 Tablespoon

Natural Brown Long Grain Rice - 16 ounces

Black Beans (No Salt Added) - 15.25 ounces

Shredded Iceberg Lettuce - 8 ounces

Finely Shredded Colby & Monterey Jack Cheese - 8 ounces

Fire Roasted Tomato Salsa - 14.5 Ounces

AE Sour Cream Dip (Any Flavor) - 8 ounces

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