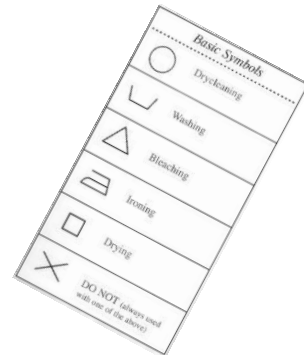
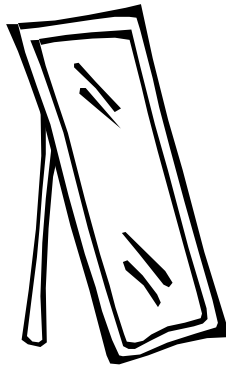




Connecticut 4-H



Smart Shopper Workbook



Name: _____ Age: _____

County: _____



Acknowledgements

The Connecticut 4-H Smart Shopper Workbook contains adaptations of 4-H materials from Iowa, Kentucky, and the New England Consortium. Preparation of the Connecticut 4-H Smart Shopper Workbook was a collaborative effort of:

Margaret Grillo

Cooperative Extension Educator
4-H Youth Development
University of Connecticut

Wanda A. Hamilton

4-H Urban Program Coordinator, New Haven County
UConn Cooperative Extension
University of Connecticut

Krista Sandoval

Program Assistant, New Haven County
UConn Cooperative Extension
University of Connecticut

Melanie Conklin

4-H Volunteer, New Haven County
UConn Cooperative Extension
University of Connecticut

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Smart Shopper Project Requirements

This 4-H project is designed to help you find out about your personal style, learn how to customize your closet, make educated purchases and properly care for the items in your wardrobe. It is important that you complete all the pages of the 4-H Smart Shopper Project Workbook. Ask a friend, parent or leader for help if you have any questions.

You must purchase or acquire one or more pieces of clothing. The purchased item (or items) can be a complete outfit or can be combined with clothing already in your closet. This does not include shoes, belts or accessories like jewelry. **The outfit you choose to enter into the County Fashion Revue must be within the Smart Shopper budget amount.** Ask your county educator or club leader for the current budget requirements. Keep your receipts. A page has been provided in your workbook for this purpose.

Evaluation of the Smart Shopper Project will be based on the following:

- The Workbook – satisfactory completion of items listed below under Smart Shopper Workbook
- Presentation – response to questions listed under Evaluation/Interview
- Modeling – fit of outfit (taking into consideration current style and culture), outfit clean and pressed if necessary, use of accessories, grooming (neat and clean)

Smart Shopper Workbook

Complete the following items and organize them into a notebook or binder. Make additional copies as needed.

- I. Title page. From the front of this workbook.
- II. Sizing Yourself Up
- III. Wardrobe Inventory
- IV. Shopping Plan
- V. Clothing Care
- VI. Photographs. You **MUST** include at least one picture of yourself wearing the outfit (and accessories) you acquired for this project. All pictures should be labeled (i.e. date, name, which articles were purchased and which were on hand).
- VII. Receipts from purchases, neatly taped onto workbook page.
- VIII. A paragraph on what you learned from this project.

Evaluation/Interview

Successful completion of the Smart Shopper project must be demonstrated by having it evaluated during a modeling/interview session. The county fashion revue provides this opportunity. During this session you will be asked questions such as the following:

- Which item(s) was (were) acquired? Explain why and how it was acquired.
- Did you stay within budget? Discuss value of items for money spent.
- What pieces were you able to pull from your wardrobe to make this a complete outfit? If none, how does this item either fit in with your wardrobe or fill a need in your wardrobe?
- While doing your clothing inventory did you identify other clothing items you need? If “yes,” explain what items were identified and if you have plans to acquire the needed items.
- What have you learned from this project?

II. Sizing Yourself Up

A. Body Features

Circle the items in each group that best describe you.

Height	Tall	Average	Short
Frame	Small	Medium	Large
Neck Length	Long	Average	Short
Neck Width	Narrow	Average	Wide
Shoulder Width	Broad	Average	Narrow
Shoulder Pitch	Sloping	Average	Square
Arms Length	Long	Medium	Short
Arms Size	Heavy	Medium	Thin
Chest (male)	Large	Medium	Slim
Bust (female)	Large	Medium	Small
Hips	Wide	Medium	Narrow
Legs	Long	Medium	Short

I like my body because:

My best feature is:

If I could change something about my body it would be:

II. Sizing Yourself Up

B. Coloring

Circle items in each group that best describe you.

Skin (color/tone)	Light	Medium	Dark	
Skin (undertone)	Yellowish	Blue/Pink		

Hair Color	Blonde	Brown	Black	Red	
Hair Tone	Light	Medium	Dark		

Eye Color	Blue	Grey	Green	Black/Brown	Hazel	
Eye Tone	Light	Medium	Dark			

The colors I look best in are?

Colors I would like to wear but don't. Why?

Colors I avoid wearing. Why?

II. Sizing Yourself Up

C. Personal Activity

List your activities including school, work, and household responsibilities:

List the clubs and organizations in which you are involved:

<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>
<hr/>	<hr/>	<hr/>

What type of clothing is needed for your activities?

Describe yourself in six words or less. This doesn't have to be a complete sentence.

II. Sizing Yourself Up

D. Describe Yourself

Describe your basic body shape and size

Describe your facial features (face shape, forehead, ears, eyes etc.)

What hairstyles have you tried? What looks best on you?

My temperament is generally (positive, happy, grumpy etc.)

I would describe myself as (organized, athletic, messy, fashionable etc.)

Traits about myself that I like the best:

Traits about myself that I would like to change:

	Quantity	Color	Style	Casual	Dressy	Special	Fall/Winter	Spring/Summer	All Purpose	Can Wear Again	Needs Repair	Does It Fit	Needs Adjustment	Like	Dislike	Need to Replace
Shirts/Dresses Casual																
Active Sportswear (Swim, Tennis, etc.)																
Underwear																
Shoes/Boots																
Socks/Hosiery																
Accessories (Ties, Belts, Bags, Scarves, Gloves, Hats, etc.)																
Other:																

¹Heaton, L., Extension Specialist in Clothing & Textiles & Hicks, K., 4-H Program Specialists. 1986. Fashion Magic Wardrobe Planning: A 4-H Clothing Selection Project Series, University of Kentucky Cooperative Extension, 26-27 pp.

IV. Shopping Plan

After completing the “Sizing Yourself Up” and “Wardrobe Inventory” pages, it is time to go shopping. This page will help you choose pieces of clothing that will go with items already in your closet. Each article of clothing that you purchase for this project must be recorded on your shopping plan. Make additional copies as needed.

	Example	Item 1	Item 2	Item 3
What are you planning to purchase for this project?	Blue and yellow shirt			
Why did you choose this item (color, new style, etc.)	I need a shirt to go with my tan slacks			
Are you adding to or replacing something in your wardrobe?	Adding			
Is this a needed or a desired purchase?	Desired			
Is this item within your smart shopper budget amount?	Yes, \$19			
List the clothing in your wardrobe that can be worn with the item you plan to purchase	Tan slacks, Jeans			
How often and when will you be able to wear this item? (all year, school, work, etc.)	All year, to school, church, out to dinner			
List item purchased and amount	blue and yellow shirt. \$ 21.96			

V. Clothing Care

Evaluate the care needs of the items you have acquired for this project. Look at the care label(s) found inside the clothing or on the hangtags.

	Example	Item 1	Item 2	Item 3
Name or description of item	green t-shirt			
List the major fiber content of this piece of clothing	50% cotton 50% polyester			
What is the durability level of this fiber?	good durability			
What are the clothing care instructions on the label?	machine wash, warm, same colors, inside out, no bleach			
Does this piece of clothing have special care needs?	no			
What role does fiber content and clothing care have to do with why you bought this item?	Being able to machine wash is important to me. Cotton/Polyester blend is easy care, with no ironing.			

Your Guide Fabric Care Symbols

MACHINE WASH	BLEACH	TUMBLE DRY	DRY	IRON	DRY CLEAN
TEMPERATURE		HEAT SETTING		TEMPERATURE (Dry or Steam)	
Cool/Cold	Any Bleach (when needed)	No Heat	Line Dry/ Hang to Dry	Low	Dry Clean
Warm	Only Non-chlorine Bleach (when needed)	Low	Drip Dry	Medium	Do Not Dry Clean
Hot	Do Not Bleach	Medium	Dry Flat	High	
CYCLE		Any Heat	Dry in the Shade	OTHER	
Normal		Normal	Do Not Dry	No Steam	
Permanent Press		Permanent Press	Do Not Wring	Do Not Iron	
Delicate/Gentle		Delicate/Gentle			
OTHER		CYCLE			
Do Not Wash		Normal			
Hand Wash		Permanent Press			
		Delicate/Gentle			
		OTHER			
		Do Not Tumble Dry			

Courtesy of:
The Soap and Detergent Association
1500 K Street, NW, Suite 300
Washington, DC 20005
www.cleaning101.com

Developed in cooperation with the
Federal Trade Commission

VI. Smart Shopper Photographs

Include one or more photographs of yourself and your outfit(s) purchased for this project. One of the photographs MUST be of you wearing the smart shopper outfit that is to be evaluated. Attach and label photographs below.

VII. Smart Shopper Clothing Receipts

Make a copy of your receipts before attaching them below. You may need them when filling out additional paperwork for the county fashion revue.

Make a note next to the receipt as to why you bought this item, special price, style or color etc. This will help you later writing your paragraph and during your interview.

VIII. Smart Shopper Experience

Write a story about what you learned in this project. (*Include things that you learned about your personal style, something you learned about clothing, your personal wardrobe or why you purchased a certain piece of clothing for this project. Also, did your feelings change about your body image? Did you find clothing that suits your body style?*)