Memorandum

TO: District 7 County Extension Agents-FCS and 4-H
AG; Burnet, Callahan, Fisher, Mills, Nolan, Shackelford

SUBJECT: 2014 District 7 Food Challenge

EVENT DATE: Thursday, November 25, 2014

LOCATION: Big Country Hall – Taylor County Expo Center
Abilene, Texas

ENTRY DEADLINE: DUE TO THE DISTRICT OFFICE BY NOVEMBER 11, 2014:
• Team Entry Form – Submit via E-mail, Fax, or Mail
• Judges Form – Submit via E-mail, Fax, or Mail

4-H Connect: Opens October 27th – Closes November 10th
Late Registration: Opens November 11th – Closes November 13th

Fee: $5 Per Contestant (Late Fee $10 Per Contestant)

Please find the Guidelines, Rules and Regulations for this event on the following pages. Please contact the District 7 Office if you have any questions or concerns.

Sincerely,

Garry Branham
District Specialist – 4-H & Youth Development

GB:rv
Cc: Scott Durham
enclosure
DISTRICT 7 4-H FOOD CHALLENGE GUIDELINES, RULES AND REGULATIONS

AGE DIVISIONS
The following contestant ages are as of **August 31, 2014**:

- **JUNIOR** – age 8 and in the 3rd grade to age 10
- **INTERMEDIATE** – age 11 to age 13
- **SENIOR** – age 14 to age 18 (contestant must not have reached their 19th birthday on or before August 31)

REGISTRATION & FEE
All contestants must be entered on 4-H Connect.
The **registration fee will be $5 per individual** which covers the cost of location, insurance and contest materials.

Late registration fee will be $10 per individual. There will be absolutely NO REFUNDS for individual/teams that do not show up to the contest.

TEAMS PER COUNTY/MEMBERS PER TEAM
Each county may enter a maximum of two Junior, two Intermediate teams and two Senior teams.

Each team will have at least three and no more than five members. Juniors may compete on an intermediate team. No other mixing of ages will be allowed.

Senior teams that competed in the national contest are **NOT** eligible to come back and compete in the state contest.

SUBSTITUTION OF TEAM MEMBERS
Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible.

FOOD CATEGORIES
There will be four food categories in each age division: 1) Main Dish, 2) Fruits and Vegetables, 3) Bread and Cereal, and 4) Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.

JUDGES
Contestants will be judged by a panel of adult judges provided by each county. The Food Challenge will require 28 judges. Two (2) Junior Judges in each of the four (4) categories. Two (2) Intermediate judges in each of the four (4) categories. Three (3) Senior Judges in each of the four (4) categories. Please submit the name and E-MAIL address of the judges on the judges form found on our website and submit to the District Office by the deadline. The number of judges required by each county is listed on the bottom portion of the form.

It is the Agent's responsibility to identify capable, qualified judges. The district office will make judging assignments and send contest information to the judges by e-mail. In the event a judge from your county cancels, you are responsible for securing a qualified replacement.

No Adult/Parents or Agents without an assignment are allowed in the contest area.

No Pictures are allowed to be taken during the contest.

ATTIRE
Each team will have the option of wearing coordinated clothing, aprons or hair coverings.
RESOURCE MATERIALS PROVIDED AT CONTEST
In preparation for the Food Challenge, participants should not limit themselves to studying only the resources provided at the contest. Resources that may be helpful include (but are not limited to):

- MyPlate www.myplate.gov
- Dietary Guidelines for Americans, 2010
- Fight Bac! www.fightbac.org
- Cooking Basics for Dummies, 3rd edition

The following resources will be provided to teams at the Food Challenge. All are available online at: http://texas4-h.tamu.edu/projects/healthy_lifestyles/index_healthy_lifestyles.php

Resource 1: Choose My Plate – 10 Tips to a Great Plate
Resource 2: Fight Bac – Fight Foodborne Bacteria Brochure
Resource 3: Nutrient Needs at a Glance (Updated 7/11)
Resource 4: Altering Recipes for Good Health (Updated 4/13)

SUPPLY BOX
Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Any extra equipment will be confiscated and the team may be disqualified. Please review the supply box list for 2014-2015.

SCHEDULE OF ACTIVITIES
Please see following pages for complete Contest Schedule. Final schedule will be announced after all entries have been received!

8:30 AM Agents Arrive

ASSIGNMENTS
Chairman/Co-Chairman: Sandy/Courtney Committee: Milissa, Jacque, Kim, Jane, Linda, Kit

All FCS and 4-H agents will attend the contest. Please see following pages for Agent Responsibilities.

*Assignments subject to change after entries are received.

The following committee members are to Secure Contest Recipes: Due to Garry by October 24, 2014

- Main Dish – Linda Wells & Jacque Behrens
- Fruits and Vegetables – Kim Miles & Kit Horne
- Bread and Cereal - Milissa Wright & Jane Rowen
- Nutritious Snacks - Sandy Taylor & Courtney Redman

Committee will meet via Lync sometime after the 24th to review recipes.

****Committee will also meet on November 24th in Abilene at the Taylor County Extension Office at 10:00 am to set up for the Food Challenge contest.

AWARDS

- All participants will receive participant ribbons.
- 1st - 6th place ribbons for teams in each age division (for each member)
- 1st place medals for teams in each age division (for each member)