TO: District 7 County Extension Agents

SUBJECT: 2014 District 7 4-H Food Show

EVENT DATE: Saturday, November 15, 2014

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

ENTRY DEADLINE: DUE TO THE DISTRICT OFFICE NOVEMBER 4, 2014: All paperwork must be received in the District Office by 5:00 p.m. on Tuesday, November 4, 2014 (physically in the office, not postmarked by that date).

• Judges Form – Submit via E-mail or Fax
• 4-H Food Show Scorecards – 2 copies per contestant
• Contestants Entry Recipe – 2 copies per contestant
• 2014 4-H State Food Show Entry Form (Senior Division only)
• Copy of recipe emailed to Janet Nelson (janelson@ag.tamu.edu) for Cook Book

4-H Connect Deadline: Opens October 20th and closes November 3rd
Late Registration: Opens November 4th and closes November 6th

Fee: $5 per contestant (late entry $10 per contestant)

COMMITTEE: Milissa Wright (Co-Chairman), Jacque Behrens (Co-Chairman)
Jane Rowen, Kit Horne, Sandy Taylor,
Courtney Redman

Please find Information 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: ew
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 NO REFUNDS for individuals that don’t show up to the contest.

ENTRIES

Submit the following Food Show registration materials to the District Office:
- Judges Form – Submit via E-mail or Fax
- Contestant–4-H Connect
- 4-H Food Show Scorecard – 2 copies (complete the contestants information in the top section.)
- Contestants Entry Recipe – 2 copies (include name, age division and category. Please follow recipe format.)
- Project Record Form (Senior Division only.)
- Personal Information/ Certificate Form & State Food Show Entry Form- 2 copies (Senior Division Only)

COOK BOOK

Cook books will be available for sale at District Food Show for $5, which includes contestant’s recipes. Please Email a copy of each recipe to Janet Nelson at janelson@ag.tamu.edu by November 4th. These recipes should be in the same format required for the competition.

DIVISIONS, CATEGORIES AND NUMBER OF ENTRIES

Counties are encouraged to conduct the Food Show at the County level. The category of a recipe will be determined at the County level. It may not be changed at the District level unless the committee sees a major problem. Participants may compete at the District level in only one (1) category. All recipes will be evaluated using the criteria given on the score sheet.

Protein: All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group. Examples in this category are: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

Fruits & Vegetables: Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice...
counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content. Examples in this category are: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables).

**Grains:** Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel—the bran, germ, and endosperm. Examples in this category are: Quick, yeast, bread mixes, rice, pasta.

**Dairy:** All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group. Examples in this category are: Dishes selected must contain minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

**FOOD PREPARATION**

Contestants will be directed to the kitchen area in the Extension Office if they need to do last minute preparation. NO dumping of foods in sinks!!

**Junior, Intermediate or Senior Contestants:** Once again, a 1 hour and 15 minute oven baking time limit will be instituted for all recipes in the four categories of Protein, Fruit and Vegetable, Grains, and Dairy so be sure you select a recipe that falls in this criteria.

**FOODS AND NUTRITION EXHIBIT COMPETITION**

4-H members of all ages can compete in the Foods and Nutrition Exhibit Competition which will be held in conjunction with the Food Show. Food and Nutrition Exhibits should relate to one of the following topics: Basic Nutrition; Food Preparation Skills and Storage; Nutrition and Health; Consumer Information; or Kitchen and Food Safety. The exhibit may be freestanding or may be made from poster board, cardboard, or plywood and should fit on a card table.

**Number of entries per county.** Exhibits may be entered by an individual or a group. Individual and Group entries will be judged against each other in each age division. Exhibits will be judged from 11:00 AM to 11:30 PM. This will allow for participants to set up their exhibit during the staggered judging times during the morning. They will remain in place until after the awards program. The exhibits may or may not be manned by the participant. 1st through 6th place ribbons will be given in Junior, Intermediate and Senior divisions. All others will receive participant ribbons.

*Each county may submit only One (1) entry per Age Division per Category*

**JUDGES**

Contestants will be judged by a panel of adult judges provided by each county. Please fax or email the name and E-MAIL address of the judges on the judge’s form provided. The number of judges required by each county is listed on the form.

It is the Agent’s responsibility to identify capable, qualified judges, preferably Home Economists. 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.
JUDGING

State 4-H Food Show guidelines, rules and regulations will be followed. The link to the State guidelines may be found on our website.

Judging will be timed.

- Juniors and Intermediates will have five (5) minutes for the interview and two (2) minutes for scoring.
- Seniors will have three (3) minutes for their presentation, five (5) minutes for their interview, at the conclusion of the question and answer period you will have **one (1) minute to serve** the judges a portion of your dish and six (6) minutes for scoring.

**JUDGING FORMAT FOR SENIOR CONTESTANTS:**

- Senior 4-H members will be required to complete the State Food Show paperwork from the State Packet. Two copies of the Senior Food Show Paperwork is due in the District Office (See page one for deadline) (physically in the office, not postmarked by that date).
- Food Show Entry Form **will be** judged in advance by agents. The record form is worth 5 points. Agents are encouraged to continue requiring project forms for all 4-H members for the county shows! This is an educational opportunity that should be continued at the county level.
- The recipe submitted will be judged in advance by agents. The recipe is worth 5 points. There is a section on the 2015 Texas State 4-H Food Show Entry Form to use in submitting the printed entry recipe for the District 7 4-H Food Show. Recipes should be written according to the “Recipe Submission Checklist” (also see example of recipe written in correct form along with check sheet).
- The presentation will be worth **10 points** and interview for senior contestants will be worth **70 points** that will be determined by a panel of judges the day of the District 7 4-H Food Show. The food evaluation will be worth **10 points** on the score card. These points will be added to the 10 pre-judged points (record form and recipe) for a maximum of **100 points** to determine the top six placings in each of the four Food Show categories.
- A scoring system will be used to determine the top six placings in each of the four Food Show categories in the senior category.
- Dish should be presented in a serving dish, or if appropriate the dish in which the food was cooked or baked. In some instances, it is not necessary to present to the judge the entire recipe. For example, if a recipe makes two loaves of bread, only one loaf needs to be presented for judging.
- The guidelines for senior contestants will be the same as State Guidelines. Contestants will present a presentation to the judges that are no more than 3 minutes long. You should describe your inspiration in choosing that dish and how it relates to the theme, *Bringing Texas to the Table.* You may wish to include your experience in 4-H and the Food and Nutrition Project. Following the presentation, judges will ask interview questions. See State Guidelines for more details.
- **No sample interview questions will be provided.**

**JUDGING FORMAT FOR JUNIOR/INTERMEDIATE CONTESTANTS:**

- Junior and Intermediate contestants will **ONLY** bring one serving of their dish to the District 7 4-H Food Show only on a plastic, styrofoam, or paper dish ware. **No glass, metal, etc. serving**
Dish will be Allowed!!! Once the contestant presents their dish (one serving) to the judges, they will not get back the container. Remember to use edible garnishes only for your dish.

• **REMEMBER:**
  ✓ No decorations are allowed
  ✓ Do not bring serving dishes that you want to take home! Food items will be kept and any non-disposable serving item WILL NOT be returned.
  ✓ No heating tray, chafing dish, electrical appliances, or open flame of any kind are allowed
  ✓ No alcohol or alcohol-containing ingredients can be used.

• Sample interview questions will be provided.

**JUDGING SCHEDULE**

Please note that counties are scheduled for judging at different times based on a county’s distance from Abilene. Because of this staggered schedule, no one will be allowed in the judging area except judges, 4-H members and Agents who are assisting with the show.

Contestants should report to the Superintendent of their category. This schedule is the JUDGING TIME for the counties.

<table>
<thead>
<tr>
<th>Time</th>
<th>Counties</th>
</tr>
</thead>
<tbody>
<tr>
<td>9:30-10:00</td>
<td>Callahan, Coleman, Fisher, Jones, Nolan, Runnels, Shackelford, Taylor</td>
</tr>
<tr>
<td>10:00-10:30</td>
<td>Brown, Coke, Concho, McCulloch, Mills, San Saba, Sterling, Tom Green</td>
</tr>
<tr>
<td>10:30-11:00</td>
<td>Burnet, Irion, Lampasas, Llano, Mason, Menard, Schleicher</td>
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</tbody>
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**SCHEDULE OF ACTIVITIES**

<table>
<thead>
<tr>
<th>Time</th>
<th>Activity</th>
</tr>
</thead>
<tbody>
<tr>
<td>8:30</td>
<td>Food Show Committee Meeting</td>
</tr>
<tr>
<td>8:45</td>
<td>Agents check in – Orientation for Superintendents</td>
</tr>
<tr>
<td>9:00</td>
<td>Orientation for Judges</td>
</tr>
<tr>
<td>9:15</td>
<td>Set up of Food &amp; Nutrition Exhibits</td>
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<tr>
<td>9:30</td>
<td>Contest judging begins, see judging schedule</td>
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<tr>
<td>11:00</td>
<td>Food &amp; Nutrition Exhibit judging begins</td>
</tr>
<tr>
<td>12:15</td>
<td>Lunch – Parents/Leaders are responsible for Contestants</td>
</tr>
<tr>
<td></td>
<td>Agents be prepared to remain at location.</td>
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<tr>
<td></td>
<td>Approx. 1:00 Awards Presentation – following completion of tabulation</td>
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</tbody>
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**AWARDS**

- 1st – 6th place ribbons for individuals in each category in each age division
- 1st – 3rd place special awards in each category in each age division (not exhibits)

**IMPORTANT INFORMATION**

Parents/Leaders must understand that they are responsible for getting 4-H members to lunch and seeing that they are in place for the judging time designated for your county. All agents have specific assignments and cannot be responsible to individual 4-H members.

Agents will not have time to leave for lunch. Please bring a sack lunch.

Agents will be responsible for taking their own county photographs.
A map to the Taylor Expo Center/Big Country Hall Building where the show will be held is provided.

ASSIGNMENTS

Co-Chairmen: Milissa Wright/Jacque Behrens
Committee: Jane Rowen, Kit Horne, Sandy Taylor, Courtney Redman

Judges Orientation: Milissa Wright
Superintendent Orientation: Garry Branham

Superintendent: Kim Miles; Junior Protein
Superintendent: Kristy Powell; Junior Fruits & Vegetables
Superintendent: Sandy Taylor; Junior Grain
Superintendent: Jane Rowan; Junior Dairy
Superintendent: Karen DeZarn; Inter. Protein
Superintendent: Courtney Redman; Inter. Fruits & Vegetables
Superintendent: Janet Nelson; Inter. Grain
Superintendent: Kathy Aycock; Inter. Dairy
Superintendent: Linda Wells; Senior Protein
Superintendent: Melanie Potter; Senior Fruits & Vegetables
Superintendent: Jenifer Harris; Senior Grain
Superintendent: Jacque Behrens; Senior Dairy

Exhibits Coordinator: Nick Gonzales; Foods & Nutrition Exhibits
Kitchen Monitor: Debbie Hailey

The following assignments will be the responsibility of the 4-H Council Officers under the supervision of Council Advisors Kit Horne and Jennifer Reeves:

Awards Coordinator: Information Table: Hall Monitor
Awards Program Script: Runners

LINKS

Please find the following attachments to this letter:
- Food Show Schedule and Map to Taylor County Expo Center/Round Building
- Agent Assignments & Explanation of Assignments
- Judges Submission Form
- Guidelines for Food Show Participants
- Food & Nutrition Exhibit Score Card
- Scorecard and Sample Questions for Juniors/Intermediates
- Scorecard for Seniors
- Food & Nutrition Project Record Form for Senior Division