

September 2017

Memorandum

TO: District 7 County Extension Agents

SUBJECT: 2017 District 7 4-H Food Show

EVENT DATE: Thursday, November 16, 2017

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

ENTRY DEADLINE: **DUE TO THE DISTRICT OFFICE: October 31st: All paperwork must be received in the District Office by 5:00 p.m. (physically in the office, not postmarked by that date).**

- Judges Form – Submit via E-mail
- 4-H Food Show Scorecards – 2 copies per contestant
- Contestants Entry Recipe – 2 copies per contestant
- 2017 4-H State Food Show Entry Form (Senior Division only)

4-H Connect Deadline: Opens October 16th and closes October 30th

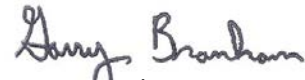
*Any entries made after closing date of 4-H Connect will incur a \$50 late fee in addition to the original contest fee.
(Pending late entry is approved based on timeline needed for contest preparation)*

Fee: \$5 per contestant

COMMITTEE: Milissa Wright (Co-Chairman), Jacque Behrens (Co-Chairman)
Jane Rowan, Kit Horne, 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

2017 DISTRICT 7 4-H FOOD SHOW GUIDELINES, RULES AND REGULATIONS

AGE DIVISIONS

The following contestant ages are as of **August 31, 2017**:

- JUNIOR – age 8 and in the 3rd grade, grades 3rd, 4th, and 5th
- INTERMEDIATE – grades 6th, 7th, and 8th
- SENIOR – grades 9th, 10th, 11th, and 12th (Maximum age- 18 as of August 31, 2017)

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.

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 by October 31st

- Judges Form – Submit via E-mail
- Contestant Registration- 4-H Connect- <https://texas.4honline.com/Login>
- 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.)
- Personal Information/ Certificate Form & State Food Show Entry Form- 2 copies (Senior Division Only)

NUMBER OF ENTRIES

- **Food show entries:** Entries are limited to 1 entry per age group, per category for each county.
- **Food and Nutrition Exhibit Competition:** There are NO limits on numbers of entries per age group per county.

COOK BOOK

Cookbooks will not be made or sold this year.

DIVISIONS and CATEGORIES

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. 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: Dishes selected **must contain minimum of a half serving of 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: (macaroni and cheese, drinks, custards, cheese logs, etc.)

FOOD PREPARATION

No food preparation should be done in the building- Food preparation should be done prior to arriving. **Kitchen will not be available.**

Senior Contestants: *Please note, seniors that compete at Texas 4-H Roundup you will have a 75 minute oven time limit, so you must ensure your recipe will fall within that guideline.*

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.

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.

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

Judging will be timed.

- Juniors and Intermediates will have five (5) minutes for the interview and two (2) minutes for scoring.
- Seniors will have Four (4) minutes for their presentation, four (4) 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.

Theme:

- Theme is part of the judging criteria for Seniors so it should be incorporated into your recipe.
- The 2017- 2018 Texas 4-H Food Show Theme is “Fresh from the Farm” (See state guidelines for more information)
- Theme is optional for Juniors and intermediates.

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 are due in the District Office (See page one for deadline) (physically in the office, not postmarked by that date).
- There is a section on the 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, and interview for senior contestants will be evaluated by a panel of judges the day of the District 7 4-H Food Show.
- 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.
- Contestants will present a presentation to the judges that are a maximum of four minutes long. You should describe your inspiration in choosing that dish and how it relates to the theme, You may wish to include your experience in 4-H and the Food and Nutrition Project. Following the presentation, judges will ask interview questions. Theme is optional for Juniors and intermediates.
- **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 disposable dish ware. **No glass or metal 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.

| | |
|-------------|---|
| 9:30-10:00 | Callahan, Coleman, Fisher, Jones, Nolan, Runnels, Shackelford, Taylor |
| 10:00-10:30 | Brown, Coke, Concho, McCulloch, Mills, San Saba, Sterling, Tom Green |
| 10:30-11:00 | Burnet, Irion, Lampasas, Llano, Mason, Menard, Schleicher |

SCHEDULE OF ACTIVITIES

| | |
|--------------|--|
| 8:30 | Food Show Committee Meeting |
| 8:45 | Agents check in – Orientation for Superintendents |
| 9:00 | Orientation for Judges |
| 9:15 | Set up of Food & Nutrition Exhibits |
| 9:30 | Contest judging begins, see judging schedule |
| 11:00 | Food & Nutrition Exhibit judging begins |
| 12:15 | Lunch – Parents/Leaders are responsible for Contestants Agents be prepared to remain at location. |
| Approx. 1:00 | Awards Presentation – following completion of tabulation |

AWARDS

- To be determined by contest officials.

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:

Agent assignments will be sent prior to contest.