

September 13, 2016

MEMO TO: **4-H Foods Leaders and Club Managers**

SUBJECT: **2016-17 COUNTY 4-H FOOD SHOW & FOOD CHALLENGE**
County Food Show and County Food Challenge Contest

WHEN: Saturday, October 29, 2016 – 8:30 a.m. – 4:00 p.m.

WHERE: St. John Berchmans Catholic School, 1147 Cupples Rd, SA, Tx. 78226

COST: County Food Show – Free
County Food Challenge - \$10 per team

SCHEDULE:

8:30 – 9:00 a.m.	Judges and Volunteer Orientation
9:00 – 9:30 a.m.	Food Challenge Contestant Registration
9:30 – 10:00 a.m.	Food Challenge Contestants Orientation
10:00 a.m.– 12:00 noon	Food Challenge Contest & Judging
12:00 noon – 1:00 p.m.	Lunch On Your Own
	Community service activities going on during judging and lunch
12:30 p.m. – 1:00 p.m.	Food Show Contestant Registration
1:00 p.m. – 3:00 p.m.	Food Show Contest & Judging
3:00 p.m. – 4:00 p.m.	Food Show & Food Challenge Awards Ceremony
4:00 p.m. - 4:30 p.m.	Everyone Help Clean up

The 4-H Food Show gives youth the opportunity for educational and personal development and recognizes members who excel in the 4-H Food and Nutrition Project. The Food Show is an individual contest in which a 4-H member prepares a dish in one of the contest categories and presents it to a panel of judges. During the presentation and interview with the judges, 4-H members exhibit the knowledge and skills gained through the 4-H Food and Nutrition Project, such as preparation steps, nutrients found in the dish, the functions of various ingredients, personal dietary needs, healthy substitutions, and cost analysis .

REGISTRATION:

Registration forms and entry fee are due to the County 4-H Office by **Friday, October 21, 2016.**

AGE DIVISIONS:

There will be three age divisions. Age for the food show is determined as the grade as of August 31, 2016. The age divisions are:

- Junior- Grades 3 - 5
- Intermediate - Grades 6 - 8
- Senior- Grades 9 - 12

ENTRY CATEGORIES

The 4-H Food Show categories are aligned with MyPlate.

The categories will be:

- Protein
- Fruit & Vegetable
- Grains
- Dairy

Category descriptions are attached.

Theme:

A theme has been selected for this 2016-2017 4-H Food Show, which is “**Family Favorites**”. When selecting recipes, 4-H members should choose one that coincides with the current year’s theme.

Please note that a new theme will be selected for each year.

REQUIRED PAPERWORK FOR FOOD SHOW:

The Food Show Record Form paperwork should be brought to the 4-H Food Show on Saturday, Oct. 29, 2016. Food Show Record Forms are attached.

To help us plan for the County 4-H Food Show and County Food Challenge, please complete the short “**Yes I Will Be There Entry Form**” (enclosed) and drop it off at our office or send it to the County 4-H Office (3355 Cherry Ridge Dr. S-212, SA, TX. 78230) by Friday, October 21, 2016. There is a drop slot in the front door to assist you making the deadline.

All Junior and Intermediate 4-H members entering the Food Show will be required to complete the District 10 4-H Food Show Record Form. They will also do the interview. The form is due the day of the Food Show. Record Form is attached.

Senior 4-H members will be required to complete the State Food Show Record Form. The form is due the day of the Food Show. Record Form is attached.

WHAT TO BRING TO THE COUNTY FOOD SHOW:

The following items are what each contestant will be required to bring to the County Food Show.

- Single Serving of your recipe on a disposable OR non-disposable plate
- Use edible garnishes only for your dish

WHAT NOT TO BRING TO THE COUNTY FOOD SHOW:

- No decorations are allowed
- Heating tray, chafing dish, electrical appliances, or open flame of any kind

JUDGING:

Participants will be interviewed by a team of judges to determine their knowledge of food and nutrition and to judge the food they have prepared. The judges will have the District 10 4-H Food Show Record Form when they judge as a reference.

SENIOR CONTESTANTS: The guidelines for Senior contestants will be the same as State Guidelines. Contestants will give a presentation to judges that is no more than 3 minutes long. Following the presentation, judges will ask interview questions. See State Guidelines for more details.

ELIGIBILITY:

Participants must meet academic eligibility. An eligibility form is attached. Each participant must turn in their form to our office by Friday, October 21, 2016 to be eligible to participate. Since this is a Saturday contest, you may fax the form to 631-0429 or scan and email to frances.moreno-elizo@ag.tamu.edu.

FOOD CHALLENGE:

The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a set of predetermined ingredients provided, teams of 3 to 5 4-H members must develop a recipe and prepare the dish within 40 minutes. Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish. Please visit the State website at <http://texas4-h.tamu.edu/wp-content/uploads/FoodChallenge16-17.pdf> for the contest guidelines. On contest day, each team brings one Food Challenge box. Juniors and Intermediates will have a modified list. Modified supply box list is attached. There has been additional items added to the supply box, please make sure you check over the list.

Sincerely,

Angie Gutierrez

Angie Gutierrez
County Extension Agent
Bexar County

3355 Cherry Ridge Dr. Ste. 212
San Antonio, Texas 78230
Tel. 210/631-0400 Fax 210/631-0429
<http://bexar-tx.tamu.edu>

Educational program of Texas A&M AgriLife Extension are open to all people without regard to race, color, sex, religion, sex, national origin, age, disability, genetic information or veteran status. The Texas A&M University System, U.S. Department of Agriculture, and the County Commissioners Courts of Texas Cooperating.

TABLE OF CONTENTS

“Yes I Will Be There” Entry Form and Entry Fee– Due to the 4-H Office by Friday, October 21, 2016.

2016-2017 District 10 4-H Food Show Record Form for Juniors & Intermediates (grades 3 – 8) will be available now – bring the 2016 form to the Food Show on Saturday, October 29, 2016.

4-H State Food Show Entry Form for Seniors (grades 9 - 12) – bring to the Food Show on Saturday, October 29, 2016.

District 10 4-H Food Show Interview Questions

Recipe Selection

Recipe Submission Checklist

Example Recipe

Junior, Intermediate & Senior Supply Box List

Eligibility Form – Due to the 4-H Office by Friday, October 21, 2016.

**“Yes, I’ll Be There” Entry Form
I plan to enter the County Food Show
ENTRY FORM DUE to our office by
Friday, October 21, 2016**

Name: _____

Club: _____

Circle One: (as of August 31, 2016)

Junior (Grades 3-5)

Intermediate (Grades 6 - 8)

Senior (Grades 9 - 12)

Email: _____

County Food Show:

Check a category:

Protein

Grains

Fruits and Vegetables

Dairy

I am entering: _____

(name of dish)

County Food Show – Saturday, Oct. 29, 2016

**“Yes, I’ll Be There” Entry Form
I plan to enter the Food Challenge**

**ENTRY FORM DUE to our office by
Friday, October 21, 2016**

County Food Challenge: \$10 per team

Club: _____

Circle One: (as of August 31, 2016)

Junior (Grades 3-5)

Intermediate (Grades 6 - 8)

Senior (Grades 9 - 12)

Who is on your team?

Make check payable to “Bexar 4-H Council”

County Food Show – Saturday, Oct. 29, 2016

**Please Summarize your Food and Nutrition Project Experiences
(250 words or less in no less than 11 point font)**

I certify that the above information is true and correct and completed during the current project year.

Contestant Signature: _____ **Date:** _____

I certify that the 4-H member named above has provided accurate and correct information.

Agent Signature: _____ **Date:** _____

RECIPE SELECTION

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

□ **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.

o EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

□ **Fruit and Vegetable** - 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.

o EX: 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. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.

o EX: 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.

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

2016-17 District 10 4-H Food Show Questions

Suggested Questions

1. What are the food groups included in **My Plate**? What portion does each group take up?
2. What are the **key nutrients** you would get from your recipe? Why do you need these nutrients?
3. What are the **preparation steps** in your recipe and why are they important?
4. What did you learn about **food safety** in your foods & nutrition project?
5. Tell me about one of the ingredients in your dish and why it is important in your recipe? (**Function of ingredients**)
6. What have you learned in your foods project about **healthy eating**?
7. Give one example of a food from each **My Plate** section.
8. Other than **My Plate**, what should you consider when **planning a meal**?
9. What was the one thing you learned in your **foods and nutrition project** that you thought was most important in Community Services, Leadership and Workshops?
10. Could you substitute anything in your recipe to make it healthier or modify the taste?
11. What is the cost of your dish?
12. Give one example of a budgeting strategy that has helped your family stretch food dollars at the grocery store?

RECIPE SUBMISSION CHECKLIST

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, cans, etc. given EX: 10 oz box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
c. Description for combining all ingredients	_____	_____
II. List of Ingredients		
a. Ingredients are listed in order in which they are used	_____	_____
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion, not ¼ cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. ¼ cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
e. Avoid brand names. Include complete description of ingredients, i.e. low-fat, packed in syrup, reduced fat, etc.	_____	_____
III. Directions		
I have.....		
a. Used clear instructions for every step of combining and cooking the ingredients	_____	_____
b. Used short, clear sentences	_____	_____
c. Used the correct word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Give temperature and cooking time	_____	_____
f. Included the number of serving or how Much the recipe would make	_____	_____

Example Recipe

4-H Shamrock Salad

6 ounce package lime gelatin **(not just 1 package lime gelatin)**
2 cups boiling water
1 cup lemon-lime soda
8-ounce package cream cheese, softened **(not just 1 package/what kind? Low fat, Fat free, etc.)**

½ teaspoon vanilla
½ teaspoon lime juice
6-ounce can mandarin oranges, drained **(always include size)**
8-ounce can pineapple tidbits, drained
2 cups green grapes, halved, seeded **(not just grapes also color/kind? Red, concord, green)**
2 cups chopped celery **(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)**

½ cup chopped pecan **(are you measuring the pecans before or after chopping? The way it is Written here indicates chopping first)**

8 ounce carton frozen low-fat whipped
Topping, thawed **(indicate low-fat, fat-free, etc.)**
3-ounce package lime gelatin
1 ½ cups boiling water

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

To make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggler gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed)

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

First aid kit

Fork

Gloves

Grater

Hand sanitizer

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (2)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (2)

Liquid measuring cup

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatula

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

SENIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass	Liquid measuring cup
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Measuring spoons (1 set)
Calculator	Non-stick cooking spray
Can Opener	Note cards (1 package - no larger than 5 X 7)
Cookie sheet	Paper towels (1 roll)
Colander	Pancake turner
Cutting Boards (2)	Pencils (no limit)
Disposable tasting spoons (no limit)	Plastic box or trash bag for dirty equipment
Dry measuring cups (1 set)	Pot with lid
Electric Skillet	Potato masher
Extension cord <i>(Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies)</i>	Potato peeler
First aid kit	Sanitizing wipes (1 container)
Food thermometer	Serving platter
Fork	Serving utensil
Gloves	Skewers (1 set)
Grater	Skillet with lid
Hand sanitizer	Spatula
Hot pads (up to 5)	Stirring spoon
Kitchen shears (1 pair)	Storage bags (1 box)
Kitchen timer	Tongs
Knives (2)	Two single-burner hot plates OR one double-burner plate (electric only!)
	Whisk



Texas A&M AgriLife Extension Service
Declaration of Eligibility Form



This information is requested in accordance with the provisions of the Texas Education Code and in cooperation with the Texas Education Agency and local public school board policies.

Parent/Guardian/County Extension Agent - Complete This Section

In accordance with 4-H policy, provided by our local Extension office, I respectfully request:

Academic eligibility information only

Academic eligibility information and authorization to receive an excused absence from school

Date: October 29, 2016 Name of Activity: County 4-H Food Show or County Food Challenge

Date(s) to be absent from school: N/A

Signature of Parent/Guardian: _____

I hereby certify that _____ is a member of 4-H in Bexar County and is scheduled to participate in this activity representing 4-H. He/she will be under the supervision of Texas AgriLife Extension faculty or agency's designated volunteer leader.

September 13, 2016
Date

Angie Gutierrez
County Extension Agent

Principal - Complete This Section

Check (√) one:

I do certify that the student is academically eligible to participate in the above mentioned extracurricular activity on dates(s) listed above.

I do not certify this student because he/she is NOT academically eligible to participate in the above mentioned extracurricular activity.

Check (√) one:

An excused absence will be granted on dates(s) listed above.

An excused absence will not be granted.

Does not apply.

Signed: _____ Date: _____
Principal or Designee

Name of School

Instructions: 4-H member should return original form to the County Extension Office. Schools requiring a copy of this form should make a copy before returning it to the student. 4-H members should also make a copy for their file before returning it to our office. Return to: Bexar County 4-H, 3355 Cherry Ridge, #212, San Antonio, Texas 78230