MEMO TO: 4-H Foods Leaders and Club Managers

SUBJECT: 2015-16 COUNTY 4-H FOOD SHOW & FOOD CHALLENGE
County Food Show and County Food Challenge Contest

WHEN: Saturday, November 14, 2015 – 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

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, Nov. 6th**.

**AGE DIVISIONS:**
There will be three age divisions. Age for the food show is determined as the grade as of August 31, 2015. 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
- Grains
- Fruit & Vegetable
- Dairy

Category descriptions are attached.

**Theme:**
A theme has been selected for this 2015-2016 4-H Food Show, which is “Picnic Perfect”. 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, Nov. 14th. 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, Nov. 6th. 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. They will also do the interview as described in the State packet available at **http://texas4-h.tamu.edu/files/2015/09/2016-4H-state-food-show-guidelines.pdf**. 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, Nov. 6th to be eligible to participate. Since this is a Saturday contest, you may fax the form to 631-0429 or scan and email to paxtell@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/files/2015/08/FoodChallengeManual_15-16.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 will be posted in October. Senior Food Challenge supply box list is included in the State guidelines on our website at http://bexar-tx.tamu.edu/files/2011/12/supply-box.pdf. There has been additional items added to the supply box, please make sure you check over the list.

Sincerely,

Natalie Cervantes
County Extension Agent 4-H
Bexar County
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“Yes I Will Be There” Entry Form and Entry Fee—Due to the 4-H Office by Friday, Nov. 6th.

2014 (Example from last year) District 10 4-H Food Show Record Form For Juniors & Intermediates (grades 3-8)

2015 District 10 4-H Food Show Record Form for Juniors & Intermediates (grades 3 – 8) will be available in mid October – bring the 2015 form to the Food Show on Saturday, Nov. 14th.

2016 Texas 4-H Food Show Personal Information and Certification Form and 2016 4-H State Food Show Entry Form for Seniors (grades 9 - 12) – bring to the Food Show on Saturday, Nov. 14th.

District 10 4-H Food Show Scorecard

District 10 4-H Food Show Interview Questions

Recipe Selection

Recipe Submission Checklist

Example Recipe

Eligibility Form – Due to the 4-H Office by Friday, Nov. 6th.
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.
  - 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.
  - 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.
  - 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.
  - EX: Dishes selected must contain a minimum of a half serving of dairy per serving (macaroni and cheese, drinks, custards, cheese logs, etc.).
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

I. Does Your Recipe Have All of These Parts?          Yes   No
   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 1package/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)
“Yes, I’ll Be There” Entry Form
I plan to enter the County Food Show
ENTRY FORM DUE to our office by
Friday, Nov. 6\textsuperscript{th}, 2015

Name:____________________________________________________________________

Club:____________________________________________________________________

Circle One: (as of August 31, 2015)
Junior (Grades 3-5) Intermediate (Grades 6 - 8)
Senior (Grades 9 - 12)

Email:____________________________________________________________________

County Food Show:

Check a category:

\underline{\text{\hspace{1cm}}} Protein \hspace{1cm} \underline{\text{\hspace{1cm}}} Fruits and Vegetables

\underline{\text{\hspace{1cm}}} Grains \hspace{1cm} \underline{\text{\hspace{1cm}}} Dairy

I am entering: ____________________________________________________________

(name of dish)

County Food Show – Saturday, Nov. 14, 2015
“Yes, I’ll Be There” Entry Form
I plan to enter the Food Challenge

ENTRY FORM DUE to our office by
Friday, November 6, 2015

County Food Challenge: $10 per team

Club:__________________________________________________________

Circle One: (as of August 31, 2015)
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, Nov. 14, 2015
2015-2016 DISTRICT 10 4-H FOOD SHOW RECORD FORM FOR JUNIORS & INTERMEDIATES

Age Division: (Circle One):     Junior          Intermediate

Food Show Category (Check One):    ____Protein  ____Fruits & Vegetables
                                      ____Grains       ____Dairy

Name:______________________________     Age (as of Aug. 31, 2015): ______________
Address:____________________________  District:____________________________
City, Town, Zip_______________________  Years in 4-H:________________________
County:____________________________  Years in project:_______________________
Birth Date:__________________________  Grade:______________________________

(Attach an additional sheet if necessary to complete your recipe)
********************************************************************************

RECIPE
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: ________________
2016 Texas 4-H Food Show
Personal Information and Certification Form

Participant Name: ____________________________________________

Category: ____________________________________________________

County: __________________________________ District: _____________

Date of Birth: _____________________________

E-mail Address: ______________________________________________

County Extension Agent: _______________________________________

County Extension Agent E-mail Address: __________________________

Statement by 4-H Member:
I meet the age and other eligibility requirements to enter the 2016 State Food Show as the top-scoring individual in one of the four entry categories in the Senior Division of the District 4-H Food Show. I personally have prepared this report and certify that it accurately reflects my work. I also give permission to have my recipe and name released by the State Food and Nutrition and/or State 4-H Office.

Signature of 4-H Member: ___________________________ Date: ____________

Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, disability, religion, age, or national origin.
The Texas A&M System, U.S. Department of Agriculture, and the County Courts of Texas Cooperating
2016 4-H State Food Show Entry Form

Name: ___________________________ County: ___________________________

Entry Category: _____ Protein  _____ Fruit & Vegetable  
_____ Grains  _____ Dairy

Please summarize your Food and Nutrition Project experiences.  
(250 Words or Less; no less than 11 font size)

******************************************************************************

Recipe (Attach - 1 sheet only)
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.

<table>
<thead>
<tr>
<th>Parent/Guardian/County Extension Agent - Complete This Section</th>
</tr>
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<tbody>
<tr>
<td>In accordance with 4-H policy, provided by our local Extension office, I respectfully request:</td>
</tr>
<tr>
<td>X Academic eligibility information only</td>
</tr>
<tr>
<td>☐ Academic eligibility information and authorization to receive an excused absence from school</td>
</tr>
<tr>
<td>Date: November 14, 2015 Name of Activity: County 4-H Food Show or County Food Challenge</td>
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<tr>
<td>Date(s) to be absent from school: N/A</td>
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<tr>
<td>Signature of Parent/Guardian:</td>
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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 25, 2015 |
| Date |

County Extension Agent

<table>
<thead>
<tr>
<th>Principal - Complete This Section</th>
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<tbody>
<tr>
<td>Check (✓) one:</td>
</tr>
<tr>
<td>☐ I do certify that the student is academically eligible to participate in the above mentioned extracurricular activity on dates(s) listed above.</td>
</tr>
<tr>
<td>☐ I do not certify this student because he/she is NOT academically eligible to participate in the above mentioned extracurricular activity.</td>
</tr>
<tr>
<td>Check (✓) one:</td>
</tr>
<tr>
<td>☐ An excused absence will be granted on dates(s) listed above.</td>
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<tr>
<td>☐ An excused absence will not be granted.</td>
</tr>
<tr>
<td>☐ Does not apply.</td>
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<tr>
<td>Signed: Principal or Designee Date:</td>
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</tbody>
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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