



**Bexar County
October, 29th 2022
The Neighborhood Place
3014 Rivas St, San Antonio, TX**

**2022-2023
Rules & Guidelines**

October 29, 2022

MEMO TO: 4-H Foods Leaders and Club Managers

SUBJECT: 2022 COUNTY 4-H FOOD CHALLENGE & FOOD SHOW

WHEN: Saturday, October 29, 2022 - 8:45 a.m.- 4:00 pm.

WHERE: The Neighborhood Place - 3014 Rivas Street, San Antonio, TX 78228

COST: County Food Challenge - \$20 per team
County Food Show – Free

SCHEDULE:

8:30 a.m.	Food Challenge Contestant Sign In (Senior & Junior Only)
8:45 a.m.	Judges Orientation - Food Challenge Contestants Orientation
9:00 a.m.	Food Challenge Contest & Judging (Senior & Junior Only)
10:15 a.m.	Food Challenge Contestant Sign In (Intermediate Only)
10:30 a.m.	Food Challenge Contestant Orientation (Intermediate Only) Contest immediately following
12:00 p.m.	Awards*
12:30 p.m. - 1:30 p.m.	Lunch on Your Own
1:15 p.m. - 3:00 p.m.	Food Show Contestant Sign in by appointment
3:00 p.m. - 3:30 p.m.	Food Show Awards*
3:30 p.m. - 4:00 p.m.	Everyone Help Clean up

*Start time may be moved up due to number of teams and/or contestant participation as well as completion of judging. Schools will be contacted directly to verify eligibility. Only participants will be allowed in contest area.

Kevin Knapick
County Extension Agent
4-H & Youth Development
kevin.knapick@ag.tamu.edu (210) 631-0400

Angie Gutierrez
County Extension Agent
Family & Community Health Family & Community
angutierrez@ag.tamu.edu (210) 631-0400

The Texas 4-H Food Challenge

More than 100,000 youth participate in the 4-H Food & Nutrition Project, learning how to prepare nutritious and safe meals and snacks and adopt behaviors that can help reduce their risk for chronic disease. This contest challenges teams of 4-H members to create a dish using only a predetermined set of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities



This symbol denotes a new or modified rule for 2022-2023. Read closely!

NOTABLE CHANGES

- **Cost Analysis:** Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
- **Supply Boxes:** Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.
- **Clarification on Food Challenge regarding items selected from the "grocery" store:** Teams must select and use at least two items and will be provided the maximum number of items they can select during orientation. **For County Contest, you can use a container you currently have.**

Food Challenge

CONTEST TYPE

Qualifying:

1. Counties may advance the following number of teams in each age division:
 - a. Juniors – 2 teams
 - b. Intermediates – 2 teams
 - c. Seniors – 2 teams
2. District 1st place Senior Teams from each category will advance to Texas 4-H State Roundup.

CONTEST STRUCTURE

Team ONLY

1. Teams may consist of 3-4 youth in the same age division.
 - An exception to the age division is that juniors may move up to compete with an intermediate team, but intermediates or seniors may not move up or down to a different age division.
2. Teams must be declared in advance by the County agent on 4-HOnline.
 - A substitution may be made if a participant cannot attend or is deemed ineligible. Substitutions may only be made with County & District level approval.

CONTEST RULES

- General:** District 10 Food Challenge will follow the District 10 4-H Food Challenge Rules & Guidelines *unless otherwise stated in these rules*. Click links below for PDF documents:
 - [2022-2023 Texas 4-H Food Challenge State Rules and Guidelines](#)
 - [2022-2023 PREPARATION Scorecard](#)
 - [2022-2023 PRESENTATION Scorecard](#)
 - Additional resources will be available on <https://texas4-h.tamu.edu/projects/food-nutrition/> under the Contest Subheading.
- Categories:** There will be four food categories in each age division at the District Contest:
 - Appetizers
 - Main Dish
 - Side Dish
 - Healthy Desserts
 - Teams will be randomly assigned to a category, but assignments will not be announced until the morning of the contest.
- Supply Boxes:** Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Rules & Guidelines.
 - Please review supply kit lists linked and attached below (There are 3 different kits based on age division.)
 - i. Junior Kit ([DOWNLOAD](#))
 - ii. Intermediate Kit ([DOWNLOAD](#))
 - iii. Senior Kit ([DOWNLOAD](#))
 - **NEW!** – *Equipment boxes must now comply to a size limitation of: 40" x 24" X 40". In addition, boxes must remain closed with all equipment inside until the contest begins. Wheels will not be included in height measurement since larger wheels are often more conducive to travel to contest locations. For County Contest, you can use a container you currently have.*
 - Teams may NOT SHARE supply boxes.
- Contest Materials:** Each team will be provided with a notebook with printed resources. Resources will include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest. Additionally, each age division will be provided:
 - **NEW!** - *Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest*
 - **Juniors** - will receive 3-5 ingredients with assigned category, nutritional information, and coupons to receive items from the grocery store. **Max 3 items from Grocery Store**
 - **Intermediates** – will receive 1-2 ingredients with assigned category and coupons to receive items from the grocery store. **Max 3 items from Grocery Store**
 - **Seniors** – will receive a sheet with an assigned category, one “key” food item, and coupons to receive items from the grocery store. **Max 4 items from Grocery Store**



SUPPLY BOX (SENIOR ONLY)

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

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

- Beverage glass
- Bowls (up to 4 - any size)
- Calculator
- Can Opener
- Colander
- Cutting Boards (up to 4)
- Disposable tasting spoons (no limit)
- Dry measuring cups (1 set)
- Electric Skillet
- Extension cord (multiple outlet or strip style)
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 (up to 6)
- Liquid measuring cup
- Manual pencil sharpener
- Measuring spoons (1 set)
- Non-stick cooking spray
- Note cards (1 package - no larger than 5 X 7)
- Paper towels (1 roll)
- Pancake turner (up to 2)
- Pencils (no limit)
- Plastic box & trash bags for dirty equipment
- Pot with lid
- Potato masher
- Potato peeler
- Sanitizing wipes (1 container)
- Serving dishes/utensils
 - 1 plate/platter
 - 1 bowl
 - 1 utensil
- Skewers (1 set)
- Skillet with lid
- Spatulas (up to 2)
- Stirring spoon
- Storage bags (1 box)
- Tongs (up to 2)
- Toothpicks (no limit)
- Two single-burner hot plates
or
One double- burner plate (electric only!)
- Whisk

Pantry Items

- Salt
- Pepper
- Oil (up to 17 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 cans (up to 16 oz)
vegetables and/or fruit (*team choice*)
- Rice (white or brown)
or pasta (up to 16 oz) (*team choice*)

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. **NEW!** – **Equipment box must now comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.**

Beverage Glass

Bowls

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

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

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 or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 jar chicken bouillon
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

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. **NEW!** – **Equipment boxes must now comply to a size limitation of: 40" x 24" X 40"**. **Wheels will not be included in height measurement.**

Beverage Glass

Bowls

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

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

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 (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

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 or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Presentation	Comments	Points	Score
<i>Knowledge of MyPlate and Dietary Guidelines:</i>			
Knowledge of MyPlate		5	
Knowledge of Dietary Guidelines for Americans		5	
<i>Nutrition Knowledge:</i>			
Knows key nutrition in prepared dish		6	
Knowledge of nutrient functions, effects, and deficiency risks		6	
Healthy substitutions and modifications		3	
<i>Food Preparation:</i>			
Explained key steps in how dish was prepared		4	
Role of main ingredients in dish		2	
<i>Safety Concerns and Practices:</i>			
Explained food safety according to Fight BAC		8	
<i>Serving Size Information:</i>			
Demonstrated knowledge of serving size for prepared dish		4	
<i>Food Appearance/Quality:</i>			
Food is appealing and appetizing		3	
Appeared to be cooked properly		3	
Attractive and appropriate gamish		2	
<i>Creativity:</i>			
Used ingredients in a creative way		5	
Incorporated grocery store items into dish or gamish		3	
<i>Effectiveness of Communication:</i>			
Displayed effective communication skills		6	
Poise and personal appearance		4	
<i>Questions:</i>			
Accurately and appropriately answered questions		6	
<i>Additional Comments:</i>		Total Points (75)	

4-H FOOD CHALLENGE SCORECARD - PREPARATION

Team Name: _____

Team #: _____

Entry Category: ___ Appetizer ___ Main Dish ___ Side Dish ___ Healthy Dessert

Team Observation	Comments	Points	Score
<i>Teamwork:</i>			
Effective use of communication among team members		2	
Each team member played a key role in the preparation phase, whether cooking or preparing presentation		3	
<i>Safety concerns and practices:</i>			
Exhibited knowledge of how to use equipment safely (heat, utensils, sharps, etc.)		3	
Handled ingredients appropriately to avoid cross contamination		3	
Personal Hygiene (hair, nails, jewelry, etc.)		3	
<i>Preparation:</i>			
Practiced correct cooking procedures based upon ingredients provided		3	
Completed tasks efficiently and in a logical order		2	
<i>Management:</i>			
Used workspace efficiently		2	
Effective use of time		2	
Preparation table was clean at the conclusion of the preparation period		2	
<i>Additional Comments: (based on observation)</i>		Total Points (25)	

“Yes, I’ll Be There” Entry Form

**I plan to enter the Food Challenge
ENTRY FORM DUE to our office by**

Monday, October 24, 2022 by 5:00 p.m.

County Food Challenge: \$20 per team

Club Name: _____

Team Name: _____

Circle Age Division: (as of August 31, 2021)

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

Please double check you circle the correct age group

Who is on your team

1. _____

2. _____

3. _____

4. _____

Make check payable to “Bexar 4-H Council”

County Food Challenge – Saturday, October 22 2022

Neighborhood Place

3014 East San Antonio

22