



**District 10
Bexar County
October 28th, 2023**

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Bexar County

FOOD CHALLENGE

October 28th, 2023



The Neighborhood Place
3014 Rivas St,
San Antonio, TX 78228

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Food Challenge

DATE: Saturday, October 28th, 2023

LOCATION: The Neighborhood Place, 3014 Rivas St, San Antonio, TX 78228

MEMO TO: 4-H Foods Leaders and Club Managers

SUBJECT: 2023 COUNTY 4-H FOOD CHALLENGE & FOOD SHOW

WHEN: Saturday, October 28th, 2023 - 8:45 a.m.

COST: County Food Challenge - \$20 per team

SCHEDULE:

8:45 a.m. Food Challenge Contestant Sign In

9:00 a.m. Judges Orientation - Food Challenge Contestants Orientation

9:15 a.m. Food Challenge Contest

10:00 a.m. Judging

11:15 a.m. Awards*

Schools will be contacted directly to verify eligibility. Only participants will be allowed in contest area. Awards may start earlier depending on how many teams will participate.

CONTEST TYPE

Qualifying:

1. Counties may advance the following number of teams in each age division to district:
 - a. Juniors – 2 teams
 - b. Intermediates – 2 teams
 - c. Seniors – 2 teams

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.

*Note: Based on how many teams compete, awards may be moved up to a later time.

Teams must arrive on time in order to compete.
Arriving late is grounds in being disqualified.

CONTEST RULES

- Rules of Play:** County Food Challenge will follow the State 4-H Food Challenge Rules of Play unless otherwise stated in these rules. Click links below for PDF documents:
 - [2023-2024 Texas 4-H Food Challenge State Rules and Guidelines](#)
 - [2023-2024 PREPARATION Scorecard](#)
 - [2023-2024 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 County Contest:
 - Appetizer
 - Main Dish
 - Side Dish
 - Healthy Dessert
 - 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](#))
 - Equipment boxes must 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.
 - Teams may NOT SHARE supply boxes.
- Contest Materials:** Each team will be provided with a set of 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:
 - **Juniors** - will receive 3-4 ingredients with assigned category, nutritional information, and coupons to receive items from the grocery store.
 - **Intermediates** – will receive 1-2 ingredients with assigned category and coupons to receive items from the grocery store.
 - **Seniors** – will receive a sheet with an assigned category, one “key” food item, and coupons to receive items from the grocery store.
- NEW! District 10 4-H Food Challenge Community Service Opportunity:** Each team will be invited to donate any canned goods they did not use after the contest concludes. All canned goods will be collected and delivered to a charity in need by our District 10 4-H Officer Team. Teams are also welcome to bring extra canned goods for donation.

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)	

4-H FOOD CHALLENGE SCORECARD - PRESENTATION

Team Name: _____

Team #: _____

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

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

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

Bowls

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

Calculator

Can Opener

Colander

Cookie sheet

NEW! Cookie Cutters (2)

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

**** An EMPTY tub for dirty dishes may be placed on top of equipment box.**

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)
- **NEW! CHOICE:**
Corn Starch (1 lbs.)
OR Flour (1lbs.)

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

Bowls

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

Calculator

Can Opener

Colander

Cookie sheet

NEW! Cookie Cutters (2)

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

**** An EMPTY tub for dirty dishes may be placed on top of equipment box.**

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)
- **NEW! CHOICE:** Corn Starch (1 lbs.) OR Flour (1lbs.)

SENIOR SUPPLY BOX

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:

Bowls (up to 4 - any size)

Calculator

Can Opener

NEW

Colander

Cookie Cutters (up to 2 - team choice)

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

NEW

*An EMPTY tub for dirty dishes may be placed on top of equipment box

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*)
**must be uncooked/dried*

NEW

Cornstarch (up to 1 lb) or Flour (up to 1 lb) (*team choice*)

“Yes, I’ll Be There” Entry Form

I plan to enter the Food Challenge

**ENTRY FORM DUE to our office by
Friday, October 20th, 2023 by 5:00 p.m.**

**Make check payable to “Bexar 4-H Council.”
No Late entries will be accepted**

**County Food Challenge – Saturday, October 28th, 2023
The Neighborhood Place
3014 Rivas St, San Antonio, TX 78228**

County Food Challenge: \$20 per team

Club Name: _____

Team Name: _____

Team Coach: _____

Coach Phone Number: _____

Coach Email Address: _____

Circle Age Division: (as of September 1st, 2023)

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

Please double-check that you circle the correct age division.

Who is on your team?

1. _____

2. _____

3. _____

4. _____