



# BEST PRACTICES FOR FOOD CHALLENGE ACTIVITIES

Team practices and contests, especially Food Challenge, may be difficult to navigate during Covid-19. The following recommended best practices will help agents and volunteers conduct safe practices and contests at the local and district levels.

1

## UNDERSTAND LOCAL GUIDELINES

Local guidelines may vary from county-to-county; however, it is critical that agents and volunteers conduct activities that adhere to local guidance.

2

## USE 4-H BEST PRACTICES GUIDE AS PRIMARY RESOURCE

Agents and volunteers should follow the guidelines provided in this document to insure the health and safety of 4-H youth.

3

## FOOD CHALLENGE TEAM PRACTICES & WORKSHOPS

When conducting team practices and/or workshops, the following best practices have been identified.

### FACILITIES

To adhere to the limit of no more than 10 Extension employees in one room, it is recommended that contests be held at a location with multiple rooms and/or buildings available for use. Another option is to use multiple days or heats to conduct contest.

### TEAMS

It is recommended that teams be comprised of youth from the same family, school and/or club.

### PARTICIPANTS

Food Challenge practices should be limited to team members and coach only. General food and nutrition workshops should be limited to youth participating and necessary volunteers to meet risk management guidelines (8 youth: 1 adult).

The pick-up and drop-off of youth should be completed outside of the building unless there is a legitimate need for the parent/guardian to enter. Should the parent/guardian have a legitimate need to enter the operation, the parent must be screened using the Covid-19 screening form.

### MASKS

Masks should be worn at all times during the Food Challenge practice and/or contest.

### HANDWASHING

Upon entering facility, all team members should wash hands with soap and water following hand washing guidelines. Each team member should sanitize their hands again immediately prior to start of practice/contest and continually throughout the event.