

September 17, 2018

MEMO TO: **4-H Foods Leaders and Club Managers**
SUBJECT: **2018-2019 COUNTY 4-H FOOD SHOW & FOOD CHALLENGE**

WHEN: Saturday, October 13, 2018 - 8:30 a.m.-4:00 p.m.

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

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

SCHEDULE:

8:30 – 9:00 a.m.	Judges and Volunteer Orientation Food Challenge Contestants Orientation
9:00 a.m.	Food Challenge Contestant Sign In
9:15 a.m.– 12:00 noon	Food Challenge Contest, Judging & Awards
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 Awards
4:00 p.m. - 4:30 p.m.	Everyone Help Clean up

The goal of the Texas 4-H Food Show is to provide an opportunity for 4-H contestants to highlight their culinary skills while also improving their presentation and interview skills. More than 120,000 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 members to create a dish using healthy ingredients in addition to learning in-depth information related their dish and its nutritional value.

OBJECTIVES:

- Develop food preparation, safety, and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to your body.

REGISTRATION:

Registration forms and entry fee are due to Frances Moreno-Elizondo, Office Assistant or Angie Gutierrez, FCS Agent at the County 4-H Office on **Monday, October 1, 2018 by 5:00 p.m.**

AGE DIVISIONS:

There will be three age divisions. Age for the food show is determined by grade as of August 31, 2017. 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:

- Main Dish
- Breads & Cereals
- Fruits & Vegetables
- Nutritious Snacks

Category descriptions are enclosed on the Recipe Selection Page.

Theme:

A theme has been selected for the 2018-2019 4-H Food Show, which is “**Restaurant Re-Creations**”, challenges contestants to take their favorite dish and make it a healthy one! 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 is due to our office on **Monday, October 1, 2018.**

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 **Monday, October 1, 2018, 5:00 p.m.** Attn: Frances Moreno-Elizondo or Angie Gutierrez. 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. (Enclosed) They will also do an interview.

Senior 4-H members will be required to complete the State Food Show Record Form. Enclosed is a fillable PDF form. Four (4) minutes for presentation; and four (4) minutes for questions from judges.

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 4 minutes long. Following the presentation, judges will ask interview questions. See State Guidelines at: <https://texas4-h.tamu.edu/projects/food-nutrition/>

ELIGIBILITY:

Participants must meet academic eligibility. An eligibility form is enclosed. Each participant must turn in their form to our office by **Monday, October 8, 2018** to be eligible to participate.

**No Eligibility forms
accepted after
October 8, 2018.
No exceptions!**

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 provided, team members must identify and prepare the dish, then make a presentation about it to the judges. Each team will have at least 3 and no more than 4 members. Teams may not include members in different age divisions. 4-H members must develop a recipe and prepare the dish within 40 minutes.

one Food Challenge box. Juniors and Intermediates will have a modified list. 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.

INFORMATION ATTACHED

“ *Yes I Will Be There* ” Entry Form and Entry Fee– Due to the 4-H Office to Angie Gutierrez or Frances Moreno-Elizondo by:
Monday, Oct. 1, 2018.

Food Show

2018-2019 District 10 4-H Food Show Record Form for Juniors & Intermediates (Grades 3 – 8) are Enclosed - due to the 4H Office to Angie Gutierrez or Frances Moreno-Elizondo on **Monday, October 1, 2018.**

4-H State Food Show Entry Form for Seniors (Grades 9 - 12) – due to the 4H Office to Angie Gutierrez or Frances Moreno-Elizondo on **Monday, October 1, 2018.**

District 10 4-H Food Show Interview Questions

Recipe Selection

Recipe Submission Checklist

Example Recipe

Food Challenge

Junior, Intermediate & Senior Supply Box List

Eligibility Forms for Food Show/Food Challenge

Eligibility Form– Due to the 4-H Office on **Monday, October 8, 2018, by 5:00 p.m.**

**No Forms accepted after
October 8, 2018.
No exceptions!**

**“Yes, I’ll Be There” Entry Form
I plan to enter the County Food Show
ENTRY FORM DUE to our office by
Monday, Oct. 1, 2018 by 5:00 p.m.**

Name: _____

Club: _____

Circle Age Division: (as of August 31, 2018)

Junior (Grades 3-5) Intermediate (Grades 6-8)

Senior (Grades 9-12)

Email: _____

County Food Show:

Check a category:

Main Dish
 Breads & Cereals

Fruits and Vegetables
 Nutritious Snacks

I am entering: _____
(name of dish)

County Food Show – Saturday, Oct. 13, 2018

“Yes, I’ll Be There” Entry Form

I plan to enter the Food Challenge

**ENTRY FORM DUE to our office by
Monday, Oct. 1, 2018
by 5:00 p.m.**

County Food Challenge: \$10 per team

Club & Team Name:

Circle Age Division: (as of August 31, 2017)

Junior (Grades 3-5) Intermediate (Grades 6-8)

Senior (Grades 9-12)

Who is on your team?

1.

2.

3.

4.

Make check payable to “Bexar 4-H Council”

County Food Challenge – Saturday, Oct. 13, 2018

**2018-2019 DISTRICT 10 4-H FOOD SHOW RECORD FORM
FOR JUNIORS & INTERMEDIATES**

Age Division: (Circle One):

Junior

Intermediate

Food Show Category (Check One):

Main Dish

Fruits & Vegetables

Breads & Cereals

Nutritious Snacks

Name: _____

Age (as of Aug. 31, 2018): _____

Address: _____

District: _____10_____

City, Town, Zip _____

Years in 4-H: _____

County: _____Bexar_____

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: _____

2018-2019 District 10 4-H Food Show Questions

Suggested Questions – Juniors and Intermediates

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 did 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?

Give one example of how you brought the theme “Fresh from the Farm” with your dish.

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.

- **Main Dish** – Food classified as main dish usually contain a meat or meat alternative such as cheese, eggs, dry beans, or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, soufflés, omelets, soups and chowders.
- **Fruits and Vegetables** – Side dishes are foods that are usually served along with main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetable dishes.
- **Breads & Cereals** – The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa and/or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.
- **Nutritious Snacks** – For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas, or oatmeal energy balls.

Ingredients

- ❖ When choosing a recipe, please keep in mind what ingredients will be available in College Station in June.
- ❖ No alcohol or alcohol-containing ingredients can be used.

RECIPE SUBMISSION CHECKLIST

Tips for Success

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, number of 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: 1/4 cup chopped onion, not 1/4 cup onion chopped. EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. 1/4 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 wording to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Given temperature and cooking times	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

RECIPE EXAMPLE

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 pecans	(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.

In order 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 jiggle 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	Knives (2)
Bowls <ul style="list-style-type: none">• Dip Size (1)• Mixing (2)• Serving (1)	Liquid measuring cup
Calculator	Measuring spoons (1 set)
Can Opener	Non-stick cooking spray
Cookie sheet	Note cards (1 package - no larger than 5 X 7)
Colander	Paper towels (1 roll)
Cutting Boards (2)	Pancake turner
Disposable tasting spoons (no limit)	Pencils (no limit)
Dry measuring cups (1 set)	Plastic box or trash bag for dirty equipment
Electric Skillet	Pot with lid
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 masher
First aid kit	Potato peeler
Food thermometer	Sanitizing wipes (1 container)
Fork	Serving platter
Gloves	Serving utensil
Grater	Skewers (1 set)
Hand sanitizer	Skillet with lid
Hot pads (up to 5)	Spatula
Kitchen shears (1 pair)	Stirring spoon
Kitchen timer	Storage bags (1 box)
	Tongs
	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 13, 2018 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 4, 2018

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