



# Food Show

"GROCERY GAMES"



**Bexar County AgriLife Office**  
**3355 Cherry Ridge, Ste. 208**  
**San Antonio, TX 78230**

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BEXAR COUNTY OFFICE

October 2, 2020

4-H participants, families, and volunteer leaders,

We would like to inform you that Texas AgriLife Extension Service will be conducting our 2020 Food show contest a little different this year. Due to COVID-19, we are thinking of the safety of our participants, volunteers, and staff. We will adhere to the agency and county's safety protocol when having face to face programs. In doing so, our 2020 Food Show County Contest will be conducted by appointment only.

The Food Show County Contest will be held on October 17, 2020 at Texas A&M AgriLife Extension, 3355 Cherry Ridge, San Antonio, Texas, 78230, suite 208 (conference room) starting at 9:00 am. Only participants are allowed in the building at their designated time. We will have a table and chair in the corridor for one adult to wait for the participant. We ask that you practice social distancing and wear a face mask. Please be mindful of others around you. If any changes occur due to COVID-19, our backup plan is to have the contest virtually. This means your appointment time will stay the same but conducted virtually through WebEx.

Once you submit paperwork you will be receiving more information via e-mail with your assigned time to conduct your dish, presentation/interview, skill showcase, and knowledge showcase. "Grocery Games" is the theme for the 2020 Food Show. The categories are appetizer, main dish, side dishes, and healthy dessert. Please review the packet for the rules and guidelines. We appreciate your understanding. If you have any questions, feel free to email us below.

Sincerely,

*Angie Gutierrez*

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# 2020-2021

## Texas 4-H Food Show Guide

### GROCERY GAMES...

Let your local food sources guide your healthy recipe selection with only \$10 to spend!

<https://texas4-h.tamu.edu/projects/food-nutrition/>

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 where they learn to prepare nutritious and safe meals and adopt behaviors that can help reduce their risk for chronic disease.

### OBJECTIVES

- Develop healthy eating habits to reduce the risk of chronic disease.
- 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.



This symbol denotes a new or modified rule for 2020-2021. Read closely!

### REDESIGNED CONTEST FOR 2020-2021

The Texas 4-H Food Show Committee has worked hard to redesign and reenergize the Texas 4-H Food Show! Although the dish component stays the same, two other components have been added to maximize learning and ensure that 4-H members are learning valuable life skills! The new Texas 4-H Food Show will consist of the following components which are explained throughout this guide:

1. Dish - All Age Groups
2. Interview - All Age Groups
3. Presentation - Seniors Only
4. Skill Showcase - Intermediate & Seniors Only
5. Knowledge Showcase - Seniors Only

# General Rules & Guidelines

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The rules in this guide are for the County 4-H Food Show competition.

1. Participants must be 4-H members currently enrolled in a Texas 4-H Youth Development county program and actively participating in the Food and Nutrition project.
2. There are three age divisions for competition as outlined below. 4-H members' division is determined by their grade as of August 31, 2020.
  - a. Junior-Grades 3rd, 4th & 5<sup>th</sup>
  - b. Intermediate-Grades 6th, 7th, & 8<sup>th</sup>
  - c. Senior-Grades 9th, 10th, 11th & 12<sup>th</sup>
3. An alternate cannot participate in the County Food Show.
4. Contestants should wear clothing consistent with professional and safe food handling practices.
5. Contest Components
  - a. Each food show participant will complete/compete in each of the following components.
    - i. Dish (All Age Group)
    - ii. Interview ( All Age Groups)
    - iii. Presentation (Seniors Only)
    - iv. Skills Showcase (Intermediates/Seniors Only)
    - v. Knowledge Showcase (Seniors Only)
6. Dish Selection
  - a. The selection and knowledge of the dish should highlight that the contestant has learned valuable skills and knowledge related to healthy eating and chronic disease prevention.
  - b. Contestants should ensure they are choosing healthy recipes that follow guidance in the Recipes for Good Health resource located at <https://texas4-h.tamu.edu/projects/food-nutrition/>
7. Dish Categories
  - a. Appetizer
    - i. Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.
  - b. Main Dish
    - i. The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
  - c. Side Dishes
    - i. Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

- d. Healthy Desserts
  - i. Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.
8. The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the agent during judging at the county level.
9. Cost
  - a. The contestant's recipe must cost less than \$10 to prepare (excluding spices and seasonings).
10. Recipes
  - a. All participants will upload their recipe when registering for competition in 4-H Connect for County Food Show.
  - b. Failure to upload the recipe at time of registration may result in disqualification.
  - c. Recipes should be typed in the standard recipe format using the enclosed Recipe Submission Checklist as a guide. ([see page 16](#))
  - d. Total dish serving size MUST be included at the bottom of the recipe.
11. Cooking
  - a. Contestants will select and prepare a dish at home and bring it to the contest.
  - b. There will be no actual cooking preparation at the County Food Show.
  - c. Contestants will NOT have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the County Food Show.
12. Dish Displays
  - a. Dishes may only be accompanied by the following:
    - i. A serving utensil, eating utensil (i.e. spoon, fork)
    - ii. Napkin, Edible garnish, Serving tray (for transportation purposes).
  - b. No decorations.
    - i. Contestants are encouraged to have an appealing "presentation," however, excessive décor, plating, etc. is not acceptable.
  - c. Both disposable and non-disposable serving dishes are acceptable.
13. Dish Staging Area
  - a. Contestants will stage their dish in the assigned staging area as designated by county agent.
  - b. Parents/guardians/etc. will NOT be allowed in the contest area (conference room) (which includes staging and holding areas). You may wait outside in designated corridor area, while practicing social distancing with a face mask.
    - i. If the contestant needs assistance preparing their dish for presentation, this should be done before entering the dish into the staging area.
  - c. Hot dishes should be accompanied by a thick place mat, a trivet, or some other type liner to place between the hot dish on the table as a hot dish may damage the table covering.
14. Contestant Holding Area - AgriLife Staff will direct you to designated area.

# Senior Judging Rules & Guidelines

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**Senior Judging will consist of five components as listed below.**

1. Presentation
  - a. Maximum five-minute presentation to introduce themselves and their dish.
  - b. Presentation should include the following:
    - i. Describe the inspiration in choosing the recipe.
    - ii. How the recipe relates to the current theme- "Grocery Games."
    - iii. Areas as indicated on the scorecard ([see page 9](#))
      1. Knowledge of MyPlate
      2. Nutrition Knowledge
      3. Food Preparation
      4. Food Safety Concerns
2. Interview
  - a. Four-minute interview
  - b. Judges will ask questions applicable to the attached scorecard.
    - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
  - c. Judges may ask additional questions related to general food and health issues, food systems, food safety.
3. Serving
  - a. Senior participants will be required to bring their entire dish to the County Contest and will serve one serving to the judges from their serving dish to the judge's plate during their interview.
  - b. Contestants will have one minute to serve the judges a portion of the dish.
    - i. This allows judges to visually evaluate the dish prepared.
    - ii. Contestants should practice proper food handling techniques when presenting food to the judges.
  - c. Judges will not taste the food.
4. Skill Showcase
  - a. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
  - b. All materials to demonstrate this skill will be provided.
  - c. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
  - d. The skill will be assigned during designated judging time for each contestant and not prior.
5. Knowledge Show Case
  - a. Contestants will be given a 10-question quiz containing multiple choice and true/false questions with a five minute time frame. Once time is completed, the quiz will be picked up.

- b. The quiz will test contestant's knowledge of food preparation, food safety, kitchen safety, and general nutrition knowledge.
- c. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

### Other Senior Guidelines

- 1. The top placing Senior in each dish category will advance to District.
  - a. The four (4) SENIORS advancing to State will upload their food show recipe at the same time they register through 4-H Connect for State 4-H Roundup.
  - b. State 4-H Round-Up registration is May 1- 12, 2021.
  - c. The State Food Show is scheduled for Thursday, June 11, 2021, during Texas 4-H Roundup week in College Station.



**PART TWO: SKILL SHOWCASE:** Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill while at the judging table. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced during participant orientation.

*Examples of skills to be assigned include, but are not limited to: (Intermediate & Seniors Only)*

EXAMPLES	
Skill	Purpose
Dry and wet measure equivalents	Demonstrate how to properly measure various dry/wet ingredients and/or equivalencies.
Garnish	Liven up a plate with edible products to add color and flavor.
Themed food	Create something from fruits and vegetables that illustrates the theme such as ants on a log for a nature theme.
Table/flatware setting	Demonstrate appropriate table setting.
Knives	Select a knife based upon food to be cut. Demonstrate how to dice, mince, chop a vegetable.
Cross contamination prevention	Explain food safety, cutting boards, knives, gloves, handwashing when using either raw or fresh foods.
Small appliance demonstration or kitchen gadget demonstration.	Demonstrate how to use a small kitchen appliance or gadget properly and safely.
Meal Planning	Plan a meal using MyPlate and/or grocery store ad.
Product selection/identification.	Demonstrate how to properly select a food product based on quality, variety, or type.



**PART THREE: KNOWLEDGE SHOWCASE:** Youth will need to employ their decision making and knowledge related to food purchasing, preparation, nutrition, and food safety to answer questions on a quiz. There will be a designated time for contestants to take this quiz. No study materials will be provided; however, contestants should refer to the Texas 4-H Food & Nutrition page ( <https://texas4-h.tamu.edu/projects/food-nutrition/> ) for potential resources.

## County Food Show

### Senior Score Card

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Entry Category: \_\_\_\_\_ Appetizer    \_\_\_\_\_ Main Dish    \_\_\_\_\_ Side Dish    \_\_\_\_\_ Healthy Dessert

	Comments
<b>I. PRESENTATION</b>	
<b>Theme:</b>	
Is theme represented in this entry?	
<b>Knowledge of MyPlate:</b>	
Food group of individual ingredients	
Serving amount needed from each group daily	
Food group that dish falls into	
Know ledge of personal healthy lifestyles choices based on dietary guidelines	
<b>Nutrition Knowledge:</b>	
Contestant understands what this dish contributes to the diet	
<b>Food Preparation:</b>	
Knows the key steps in preparation of food and function of ingredients	
<b>Food Safety Concerns &amp; Practices:</b>	
Know s food safety concerns in preparation and storage of dish	
<b>II. INTERVIEW</b> <i>(category specific)</i>	
<b>Judge's Questions</b>	
<b>4-H Food &amp; Nutrition Project Activities</b>	
<b>III. FOOD PRESENTATION/QUALITY</b>	
Appearance of food (texture, uniformity)	
Garnishing	
<b>IV. EFFECTIVENESS OF COMMUNICATION</b>	
Voice, poise, personal appearance	
<b>V. SKILL SHOWCASE</b>	
Proper demonstration of assigned skill	
<b>Additional Comments:</b>	
Judges Initials	
Revised August 2020	

# Intermediate Judging Rules & Guidelines

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**Intermediate Judging will consist of two components as listed below.**

1. Interview
  - a. Five-minute interview
    - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind contestant this is an interview only.
  - b. Judges will ask questions applicable to the attached scorecard.
    - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
  - c. Judges may ask additional questions related to general food and health issues, food systems, food safety.
  - d. Possible Sample Question ([See page 15](#))
2. Skill Showcase
  - a. Contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged as assigned by the judges.
  - b. All materials to demonstrate this skill will be provided.
  - c. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned.
  - d. The skill will be assigned during designated judging time for each contestant and not prior.

## Serving Size/ Dish Display

1. Intermediate participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Intermediates will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

# County Food Show

## Intermediate Score Card

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Entry Category: \_\_\_\_\_ Appetizer    \_\_\_\_\_ Main Dish    \_\_\_\_\_ Side Dish    \_\_\_\_\_ Healthy Dessert

### Comments

### I. INTERVIEW

#### Theme:

Is theme represented in this entry?

#### Knowledge of MyPlate:

Food group of individual ingredients

Serving amount needed from each group daily

Food group that dish falls into

Know ledge of personal healthy lifestyles choices based on dietary guidelines

#### Nutrition Knowledge:

Contestant understands what this dish contributes to the diet

#### Food Preparation:

Knows the key steps in preparation of food and function of ingredients

#### Food Safety Concerns & Practices:

Know s food safety concerns in preparation and storage of dish

#### Judge's Questions

#### 4-H Food & Nutrition Project Activities

### II. FOOD PRESENTATION/QUALITY

Appearance of food (texture, uniformity)

Garnishing

### III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

### IV. SKILL SHOWCASE

Proper demonstration of assigned skill

#### Additional Comments:

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Judges Initials

Revised August 2020

# Junior Judging Rules & Guidelines

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**Junior Judging will consist of one component as listed below.**

1. Interview
  - a. Five-minute interview
    - i. Junior contestants will NOT give a prepared presentation. If the contestant begins to present the judges will ask the contestant to stop and remind contestant this is an interview only.
  - b. Judges will ask questions applicable to the attached scorecard
    - i. This includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences.
  - c. Judges may ask additional questions related to general food and health issues, food systems, food safety, or food/health issues.
  - d. Possible Sample Questions ([See page 15](#)) for possible questions

## Serving Size/ Dish Display

1. Junior participants will only bring, display, and present to the judges a single serving of the dish instead of the entire dish.
2. Juniors will not “serve the judges” as the dish they present will only be a single serving and therefore does not need to be “served.”
3. Judges will not taste the food.

# County Food Show

## Junior Score Card

Contestant Name: \_\_\_\_\_ County: \_\_\_\_\_

Entry Category: \_\_\_\_\_ Appetizer    \_\_\_\_\_ Main Dish    \_\_\_\_\_ Side Dish    \_\_\_\_\_ Healthy Dessert

Comments

### I. INTERVIEW

**Theme:**

Is theme represented in this entry?

**Knowledge of MyPlate:**

Food group of individual ingredients

Serving amount needed from each group daily

Food group that dish falls into

Know ledge of personal healthy lifestyles choices based on dietary guidelines

**Nutrition Knowledge:**

Contestant understands what this dish contributes to the diet

**Food Preparation:**

Knows the key steps in preparation of food and function of ingredients

**Food Safety Concerns & Practices:**

Know s food safety concerns in preparation and storage of dish

**Judge's Questions**

**4-H Food & Nutrition Project Activities**

### II. FOOD EVALUATION

**Food Presentation/Quality:**

Appearance of food (texture, uniformity)

Garnishing

### III. EFFECTIVENESS OF COMMUNICATION

Voice, poise, personal appearance

**Additional Comments:**

Judges Initials

Revised August 2020

# Junior & Intermediate Sample Questions

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1. What are the key nutrients you would get from your recipe? Why do you need these nutrients?
2. What are the preparation steps in your recipe and why are they important?
3. What did you learn about food safety in your foods & nutrition project?
4. Tell me about one of the ingredients in your dish and why it is important in your recipe?
5. (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 learn 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 how you incorporated the theme into your dish / dish selection.

# Food Show Resources

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Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.

## *NUTRITION RESOURCES*

- MyPlate
  - <http://www.choosemyplate.gov/>
- Food Safety
  - <https://texas4-h.tamu.edu/projects/food-nutrition/>
- Dietary Guidelines for Americans
  - <http://health.gov/DietaryGuidelines/>
- Preparation Principles & Function of Ingredients
  - <https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>
- Know Your Nutrients
  - [https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)
- Nutrient Needs at a Glance
  - [http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy\\_lifestyles\\_foodchallenge\\_nutrients.pdf](http://texas4-h.tamu.edu/wp-content/uploads/2015/09/healthy_lifestyles_foodchallenge_nutrients.pdf)

## *THEME RESOURCES*

- 10 Tips: Save More at the Grocery Store
  - <https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>
- 20 Money Saving Grocery Shopping Tips
  - <https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>
- 10 Tips for Healthy Grocery Shopping
  - <https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>
- Eating Better on a Budget
  - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>
- Smart Shopping for Veggies and Fruits
  - <https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>
- Stretch your Food Dollars At the Grocery Store
  - <https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

# FOOD SHOW RECIPE SUBMISSION CHECKLIST

*Recipes for Texas 4-H Food Show should adhere to the guidelines below. Please use this checklist to ensure recipes are correctly written.*

	<b>YES</b>	<b>NO</b>
<b>DOES YOUR RECIPE HAVE ALL OF THESE PARTS?</b>		
Name of recipe	_____	_____
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	_____	_____
Description for combining all ingredients	_____	_____
<b>LIST OF INGREDIENTS</b>		
Ingredients are listed in order in which they are used in directions	_____	_____
Ingredients listed as they are measured. *EX: ¼ cup chopped onion, not ¼ cup onion chopped. *EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
Measurements given in common fractions *Ex: 1/4 cup, 2 tablespoons, 1 teaspoon	_____	_____
All measurements are spelled out, not abbreviated. *Ex: cup, teaspoon, tablespoon, size can, etc. *Ex: 4-ounce can	_____	_____
No brand names are used.	_____	_____
Complete description of ingredients is included *EX: low-fat; packed in syrup; reduced fat; etc.	_____	_____
<b>DIRECTIONS</b>		
Clear instructions used for every step of combining and cooking the ingredients	_____	_____
Short, clear sentences used	_____	_____
Correct wording used to describe combining and cooking processes	_____	_____
Size and type of pan stated	_____	_____
Oven temperature and cooking times given	_____	_____
Number of servings or how much the recipe would make included	_____	_____

# RECIPE EXAMPLE

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## 4-H Shamrock Salad

6-ounce package lime gelatin	<b>(not just 1 package lime gelatin)</b>
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	<b>(not just 1 package/what kind) Low fat, Fat free, etc.)</b>
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	<b>(always include size)</b>
8-ounce can pineapple tidbits, drained	
1 cups green grapes, halved, seeded	<b>(not just grapes also color/kind) Red, concord, green)</b>
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first) <b>(are you measuring the pecans before or after chopping?)</b>
½ cup chopped pecans	
	The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	<b>(indicate low-fat, fat-free, etc.)</b>
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.)



# TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

<b>CONTESTANT NAME:</b>				
<b>CATEGORY</b> <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish
	<input type="checkbox"/>		<input type="checkbox"/>	Side Dishes
	<input type="checkbox"/>		<input type="checkbox"/>	Healthy Desserts
<b>COUNTY</b>				
<b>DISTRICT</b>				

<b>Name of Recipe:</b>		
<b>Prep Time:</b>	<b>Cook Time:</b>	Cost:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

# **“Yes, I’ll Be There” Entry Form**

**I plan to enter the County Food Show  
ENTRY FORM DUE at our office by  
Tuesday, October 13, 2020 by 5:00 p.m.**

**Please place documents in an envelope with  
Contestant name and deliver through the drop box  
on the door.**

**Name:** \_\_\_\_\_

**Club:** \_\_\_\_\_

**Circle Age Division: (as of August 31, 2020)**

**Junior (Grades 3-5)**

**Intermediate (Grades 6-8)**

**Senior (Grades 9-12)**

**Email:** \_\_\_\_\_

## **County Food Show:**

**Check a category:**

\_\_\_ 5ddeh]nYf

\_\_\_ AU]b`8]g\

\_\_\_ G]XY`8]g\

\_\_\_ <YU`h\m8YggYfh

**I am entering:** \_\_\_\_\_

**(name of dish)**

**County Food Show – Saturday, Oct. 39, 2042**