2015 FOOD SHOW ASSIGNMENTS

2015 FOOD SHOW COMMITTEE

Kathy Carr, Chair
Felice Acker, vice Chair
Marsha Blair
Mary Collier
Becky Wagner

Audra Graves
Shana Fleming
Courtney Levens

REGISTRATION, AWARDS ASSEMBLY and JUDGES ASSISTANTS:

District 2 4-H Council Members and County Delegates Assigned

TABULATION:
Tabulators will announce names at the awards ceremony. Tabulators should bring a pocket calculator and a stopwatch.

<table>
<thead>
<tr>
<th>Protein</th>
<th>Junior</th>
<th>Intermediate</th>
<th>Senior</th>
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<tbody>
<tr>
<td>Kay Davis</td>
<td>Marsha Blair</td>
<td>Nancy McDonald</td>
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<tr>
<td>Fruit &amp; Vegetable</td>
<td>Mandi Seaton</td>
<td>Julie Smith</td>
<td>Becky Wagner</td>
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<td>Grains</td>
<td>Amy Kress</td>
<td>Audra Graves</td>
<td>Shana Fleming</td>
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<tr>
<td>Dairy</td>
<td>Ronda Alexander</td>
<td>Courtney Levens</td>
<td>Mary Collier</td>
</tr>
</tbody>
</table>

TABULATOR and JUDGES ORIENTATION: Kathy Carr

PREPARATION ROOM: Ronda Alexander

SELLING RECIPE BOOK: Volunteers

PRINTED PROGRAM: Felice Acker
Script: Mandi Seaton

ROOM FAVORS: Shana Fleming

PARTICIPANTS AWARDS & GIFTS: Deana Sageser
JUDGES GIFTS: Shana Fleming

ASSEMBLE RECIPE BOOKLETS: Wendy Scott

EDUCATIONAL EXHIBITS/DISPLAY/Demonstrations: Andy Hart

FACILITIES COORDINATOR: Hockley County Extension Office

FOOD DISPLAYS/COMMONS AREA COORDINATORS: Andy Hart

ALTERNATE TABULATOR/JUDGES: Felice Acker, Kathy Carr

COMMUNITY SERVICE ACTIVITY: Andy Hart

PLATES, SPOONS, FORKS, NAPKINS & BOTTLED WATER, FLAGS, RED BOX ETC.: Andy Hart
DISTRICT 2--- 4-H FOOD SHOW
SCHEDULE OF ACTIVITIES

Tuesday, November 4, 2014:
All contestant entry materials, Judges Nomination Form and Display Entries are due at
9:00 a.m. The Committee will meet to certify entries, assign judging categories and
judging times, and select and assign judges. Agents and judges will be informed of their
judging assignments and contestant interview times by mail. The program cover and
listing of contestants will be completed.

Saturday, November 8, 2014:
8:00 a.m. Food Show Committee report to Levelland High School
8:30 a.m. All agents, 4-H Council and leader helpers report to Levelland High School
8:30 a.m. Registration opens
Orientation of 4-H Council members
8:40 a.m. Tabulator Orientation
Orientation of Judges
9:00 a.m. Judging begins. We will follow the typed order sent to County Agents on
November 4, 2014 after 3:00 p.m.
12:00 noon Lunch Break/Public Viewing of Food Show Dishes
1:00 p.m. Awards Assembly

15 minutes after Awards Assembly conclusion, all SENIOR first place winners meet with Kathy Carr to
receive information for State Contest in Room 125.
2014 DISTRICT 2 4-H FOOD SHOW
Levelland High School
1400 Hickory (Alamo and Hickory)
November 8, 2014

INFORMATION AND GUIDELINES

The theme for the 2014 Food Show is “Bringing Texas to the Table.” Good luck and enjoy!

Objectives

• Practice recommended food preparation skills including food safety.
• Understand connection of recipe to food category, while also learning about how to make such a recipe more economical.
• Learn the nutrients in your dish and the health benefits they provide to your body.

Eligibility:

Membership - the contestant must be enrolled and actively participating as a 4-H member.
The 4-H member must also be actively participating in a 4-H Foods and Nutrition Educational program.

Age - Age will be based on 2014-2015, 4-H year age requirements effective as of September 1, 2014.

- **Junior** – 8 and in the 3rd grade, 9 & 10 as of August 31, 2014
  Birth date is between September 1, 2003 – August 31, 2005
- **Intermediate** – 11, 12, 13 as of August 31, 2014
  Birth date is between September 1, 2000 – August 31, 2003
- **Senior** – 14-18 as of August 31, 2014
  Birth Date is between September 1, 1995 – August 31, 2000

Certification:

An individual may participate in only one category at the District Food Show. Only one individual can be certified by their County Extension Agent as the top scoring individual in each of the four entry classes in the Junior, Intermediate, and Senior Division of the County 4-H Food Show for district participation. Each participant must exhibit in the same entry class at the county and district level. This is a total of twelve contestants from each county.
ALTERNATES:
An alternate is the second place individual in that particular category at the County Food Show. For an alternate to participate in the District Food Show, the Food Show Committee chair must be notified by 12:00 Noon, November 7th. Alternate names will not be included in the Food Show Program. Substitutions should be used only as a means of keeping a team active when members have been forced to drop out for unexpected reasons (i.e. major illness, death or other conflicts). All substitutions must be approved by the county Extension agent in charge of the project area. Once the on-site contest check-in closes, no substitutions may be made.

Required Entry Fee:
Each District 2 Food Show Participant will be required to pay a $10.00 entry fee. This fee is transferable but is non-refundable. Entry materials will be processed according to 4-H Connect contest procedures. All entry fees are due on 4-H Connect by Noon, Monday, November 3, 2014. There will be no late entries allowed. We must give Margaret Monday afternoon to pull the entries for the Work Day on Tuesday. Individuals may pay by credit card or county 4-H check. Make checks payable to: “Texas 4-H Foundation- D-2 Food Show” and mail to:

Texas 4-H Foundation
P.O. Box 11020
College Station, TX 77842-1020

Your county entry folders are due on Tuesday, Nov. 4th, by 9:00 AM

REQUIRED ENTRY MATERIALS:
The following entry materials are required for each District 4-H Food Show contestant. Please enclose materials for each contestant in a plain manila folder (a total of twelve folders if you have twelve contestants). Please fill out the appropriate color coded bold identification label for each participant and glue or tape label on upper right hand corner of folder (folder positioned as it would be in a file drawer):
All entry folders should contain the following materials; please do not paperclip or staple any of the entry materials listed below:

1. One color coded, completed check sheet per participant.
2. Four color coded copies of the recipe for the food entered.
3. Three color coded score sheets complete with Name, age division, entry class and name of food exhibited.
4. All entry forms SHOULD be color coded as follows:
   - SENIOR - White
   - INTERMEDIATE - Yellow
   - JUNIOR - Pink

Entry folders with the above contents should be submitted by Tuesday, November 4, 2014 by 9:00 AM at the District Extension Office. No entry materials will be accepted after 9:00 a.m.

ENTRY CATEGORIES:

The decision as to whether a dish qualifies in a category will be left entirely to the discretion of the County Extension Agent. Sauces, gravies and jellies are not dishes unless served with something else.
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/](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.

- **Protein** - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts, and seeds are considered part of the Protein Foods Group. Beans and peas are also part of the Vegetable Group.
  - EX: Dishes that contain meat or meat alternative such as eggs, dry beans, peas or peanut butter.

- **Fruit and Vegetable** - Any fruit or 100% fruit juice counts as part of the Fruit Group. Fruits may be fresh, canned, frozen, or dried, and may be whole, cut-up, or pureed. Any vegetable or 100% vegetable juice counts as a member of the Vegetable Group. Vegetables may be raw or cooked; fresh, frozen, canned, or dried/dehydrated; and may be whole, cut-up, or mashed. Vegetables are organized into 5 subgroups, based on their nutrient content.
  - EX: Dishes that accompany a main dish (salads, relish trays, cooked fruits and vegetables)

- **Grains** - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products. Grains are divided into 2 subgroups, Whole Grains and Refined Grains. Whole grains contain the entire grain kernel — the bran, germ, and endosperm.
  - EX: Quick, yeast, bread mixes, rice, pasta

- **Dairy** - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy Group choices should be fat-free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream, and butter, are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy Group.
  - EX: Dishes selected must contain a minimum of a half serving of dairy (macaroni and cheese, drinks, custards, cheese logs, etc.)

FOOD PREPARATION:

ALL FOOD DISPLAYED MUST BE PREPARED PRIOR TO THE FOOD SHOW.
The Levelland High School Family & Consumer Sciences department will be available for
limited preparation, such as garnishing, warming, melting cheese, etc. Food preparation will not be allowed. All contestants must assume custody of all food, garnishes, and preparation items at the registration table and CANNOT be accompanied by anyone past this point!! All contestants must do final preparation on their own entry and it must be done in the preparation room! Contestants will be allowed into the preparation area only at the time designated. AGENTS, PLEASE INFORM ALL CONTESTANTS AND PARENTS OF CONTESTANTS THAT NO ONE BUT CONTESTANTS WILL BE ALLOWED IN THE PREPARATION ROOM AT DISTRICT FOOD SHOW.

The preparation room will be open from 8:30 m. until 12:30 p.m. Contestants will be allowed in the preparation room no sooner than 15 MINUTES BEFORE THEIR JUDGING time. Contestants must be at their judging room at least 5 MINUTES PRIOR TO JUDGING. If contestants are not present for their designated time slot, they will be judged at the next available open slot.

Recipe Presentation and Judging

Contestants will be judged on the basis of the enclosed score sheets for Senior, Intermediate and Junior categories.

PLEASE NOTE: Contestants may exhibit only garnished dish and serving utensil. (Judging is based on appearance of the entry and how well it is garnished.) Contestants will be asked to remove any other materials from their display. ONLY EDIBLE GARNISHES WILL BE ALLOWED.

1. Introduction/Presentation
   - **All Ages:** Each contestant will start with a maximum three-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish based on the Theme “Bringing Texas to the Table”. You may include your experience in 4-H and the Food and Nutrition Project.
   - **For Juniors and Intermediates:** You will not be required to speak the entire three minutes. You will be required to start with a presentation though.

2. Question and Answer
   - **All Ages:** Judges will have the opportunity to spend up to five additional minutes asking questions applicable to the attached score card. It includes but is not limited to MyPlate, basic nutrition, food safety, preparation and project experiences.

3. Serving
   - **ALL AGES:** At the conclusion of the question and answer interviews period the contestant will have one minute to serve the judges a portion of the dish. This will allow the judges to visually evaluate the dish prepared. Contestants are encouraged to practice proper food handling techniques when presenting food to the judges.

   Their dish should be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present to the judges the entire recipe. For example, if a recipe makes two loaves of bread, only one
loaf needs to be presented for judging. Serve judges only a small portion of food. Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews. Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged. Agents and leaders are encouraged to use discretion regarding this manner when counseling 4-H participants, members or contestants.

Upon completion of the interview, the contestant will leave the judging room and position his/her food on display tables in the commons area. Only 24 inches will be allowed for your food at the public viewing.

A tabulator in each judging room will immediately tabulate each contestant's score and present the first three placings to the judges panel for final approval after everyone has been judged. Tabulated scores will then be ranked and presented to the 4-H Food Show Committee.

**Judges**

Contestants will be judged by qualified individuals who have been nominated by county Extension agents and selected by the Food Show Committee. AGENTS; PLEASE REMIND YOUR JUDGES THERE IS NO TASTING OF FOOD BY THE JUDGES AT THE DISTRICT 2 FOOD SHOW!! A nomination form is enclosed. Please nominate only individuals who have previous food show judging experience and agreed to serve as judges and who will be present for judge's orientation promptly at 8:30 a.m. Judges will be notified of their selection by email after November 4, 2014. A judging packet will be emailed to them.

* A nomination form is expected from each county, please please help us find judges from every county. We will need all the assistance we can get to keep this day running smoothly!! Make extra copies of the form and send additional nominees if encouraged and accepted!!! THANK you in advance!

**EDUCATIONAL EXHIBITS AND DISPLAYS:**

Educational Exhibits/Displays/Demonstrations can be set up by any 4-H'er, whether participating in the food show or not. These can be group projects or county entries. You must submit applications by 9:00 a.m. on Tuesday, November 4, 2014. Each exhibitor/group/county must provide a table or easel. (Card tables will work great for an individual display.) These will not be judged. They must be picked up by 1:30.
COMMUNITY SERVICE ACTIVITY:

A District Community Service Activity will take place during the District Food Show to benefit South Plains Food Bank. If your 4-H'ers want to participate, please bring non-perishable food items.

Resources:

- MyPlate  http://www.choosemyplate.gov/
- Food Safety  http://www.fightbac.org/

THEME RESOURCES:

- Kids, Cows & More  http://www.kidscowsandmore.org/texas-agriculture/
- Texas Produce Availability- Texas International Produce Association  http://www.texasproduceassociation.com/availability/
- Go Texan – Texas Department of Agriculture  http://www.gotexan.org/ (use search feature)
  - Texas Produce Availability Chart
- Texas Youth Livestock & Agriculture – Texas A&M AgriLife Extension  http://www.texasyouthlivestock.com/
- Food and Nutrition Fact Sheets  http://fcs.tamu.edu/food_and_nutrition/food_resource_management.php
- Texas Recipes  http://www.gotexan.org/experiencegotexan/recipes.aspx
We will compile a Recipe Booklet to sell at the District Food Show at $5.00 per copy with the proceeds benefitting the EXCELL program. Each county is asked to compile their 4-H recipe entries 2-3 to a page. Leave the entry information on the top right corner of name, age division and entry class. **We are compiling the cookbook by the category** such as Protein. There is no need to have a County Divider Sheet for your county. Please make 130 copies of the recipes (white paper) and Sort by Food Category such as Protein, Dairy, Fruit and Vegetables, Grains. (See below.) Recipe Booklets will be assembled and bound during the Food Show Work Day on November 4, 2014. Be sure to COLLATE the 130 copies By Food Category.

**AWARDS PROGRAM:**

The Awards Assembly will be conducted at 1:00 p.m. in the Commons Area. During the Awards Assembly, the tabulators will present all contestants in their category and then present the top three winners (third, second, and then first). The top three winners in each category and each division will receive an award. All other participants will receive participation gifts. An official placing will be mailed to the county agent after the food show.

**STATE FOOD SHOW PLANNING MEETING:**

The four senior winners in each of the respective categories along with parents and agents will meet 15 minutes upon conclusion of the Awards Assembly in Classroom 125 for a State Food Show orientation.
DISTRICT 2 4-H FOOD SHOW
Judges Nomination Form

Directions: This form is provided for nomination of a **minimum of one adult leader and one experienced 'professional' judge for the 2014 District 4-H Food Show.** Please nominate only qualified leaders and professionals who have previous food show judging experience or previous judging orientation from the CEA, and who will provide constructive comments. Do not nominate those leaders who have other assigned duties at the Food Show. Please nominate more judges if you have qualified individuals!

‘Professionals' can be defined as home economists, teachers, former agents, etc. who have had experience with kids, judging the Food Show, and/or 4-H program. **There is NO tasting of FOOD at the District 2 4-H Food Show!!**

‘Adult Leaders’ can be defined as former 4-H Food Show winners, project leaders, Tech students, etc. who have had experience with kids, contestant evaluation, and/or 4-H program.

Please contact these volunteers before nominating them to confirm their desire and availability to judge. We will be sending confirmation letters to them with a judging packet of materials before the show.

**DUE November 4, 2014**
ADULT LEADER:

NAME: ________________________________________________________________

ADDRESS: _____________________________________________________________

TELEPHONE: ___________________________ Cell #____________________________

PREVIOUS JUDGING EXPERIENCE:

PREFERENCE: JR. ______ INTERMEDIATE ______ SENIOR ______

PROFESSIONAL:

NAME: ________________________________________________________________

TITLE: ________________________________________________________________

ADDRESS: _____________________________________________________________

TELEPHONE: ___________________________ Cell #____________________________

PREVIOUS JUDGING EXPERIENCE:

PREFERENCE: JR. ______ INTERMEDIATE ______ SENIOR ______
2014 4-H DISTRICT 2 FOOD SHOW
Entry Materials
CHECK SHEET

INSTRUCTIONS: Please list name, county, division, age category and food category at top. Place an "X" in appropriate section to insure that all materials are included in the entry folder.

ENTRY MATERIALS

_______ Recipe - 4 copies, color coded
_______ 3 copies of the appropriate score sheet, color coded
_______ Entry folder with color coded label
_______ 130 copies of recipes and collated by category.
_______ Entry fee list from 4-H Connect (one per county, $10.00 per contestant)

***ENTRY MATERIALS DUE TO DISTRICT OFFICE November 4, 2014 at 9:00 a.m.***

Agent Initials ____________
<table>
<thead>
<tr>
<th>Name</th>
<th>County</th>
<th>Age</th>
<th>Division</th>
<th>Food Category</th>
<th>Birthdate</th>
<th>Special Judging Time:</th>
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DISTRICT 2 4-H FOOD SHOW

Educational Exhibits/Displays/Demonstrations
(No limit for number of county entries)

NAME OR NAMES OF 4-H MEMBERS PROVIDING EXHIBIT/DISPLAY:

___________________________________________________

___________________________________________________

TITLE OF EXHIBIT/DISPLAY: (Exhibitor must provide own table or easel!)

_______________________________________________________________

Agent Signature: _________________________________

County: _________________________________

Please pick up after the Food Show Awards Program
Due November 4, 2014