

SOUTH PLAINS - DISTRICT 2 4-H

**DATE:** August 24, 2018

**MEMO TO:** All South Plains District 2 County Extension Agents

**SUBJECT:** 2018-19 District 2 4-H Food Challenge

**FROM:** Andy Hart Wendy Scott  
 District 2 Specialist Lynn County CEA-FCH  
 4-H & Youth Development Food Challenge Committee Chair

**CONTEST TRAINING:** Tuesday, September 4, 2018- Facebook Live on District 2 4-H Page

**CONTEST DATE:** Monday, October 29, 2018

**CONTEST LOCATION:** Mallet Event Center (2320 S State Hwy 385, Levelland)

**CHECK IN:** 10:00 a.m. (Seniors)  
 11:45 a.m. (Intermediates)  
 1:45 p.m. (Juniors I)  
 3:45 p.m. (Juniors II)



**CONTEST BEGINS:** **These times could change, but not by much.**  
 10:30 a.m. (Seniors)  
 12:15 p.m. (Intermediates)  
 2:15 p.m. (Juniors I)  
 4:15 (Juniors II)

**AWARDS:** **These times could change, but not by much.**  
 Awards will be presented at the completion of each age group.

**4-H CONNECT:**  
**Early Registration:** October 5 to October 19, 2018  
**Late Registration:** Not Available

**NOTE:** Counties may set alternate registration deadlines. Please check with your county for their deadlines.

**ENTRY FEE:** \$15.00

**CONTACT:** Wendy Scott, 806.777.9934

The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a set of predetermined ingredients provided, teams of 3 to 4 4-H members must develop a recipe and prepare the dish within 40 minutes (30 minutes for juniors). Teams then make a presentation (interview for juniors) to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish.

South Plains - District 2 4-H  
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**Age groups are senior, intermediate and junior.** There will be no limit on the number of teams per county. Junior level and intermediate level 4-H members may form combined teams. If juniors combine with intermediates, they will enter as an intermediate team. The senior division teams must be comprised of only senior aged 4-H members.

**GRADE REQUIREMENTS** - Based on the 2018-2019 4-H year grade requirements effective as of 09/01/18.

- **Junior** – Grades 3, 4 & 5
- **Intermediate** – Grades 6, 7 & 8
- **Senior** – Grades 9, 10, 11 & 12

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact the county office or Andy Hart, (806) 746-6101 at least two weeks prior to the event.

\*Medical release, waiver, indemnification and code of conduct forms must be completed on 4-H Connect. If forms are not completed on 4-H Connect the 4-H member is responsible to bring a completed copy of all forms to registration to be eligible to participate in the contest.

### **\*\*\*MAJOR CHANGES FOR THIS YEAR\*\*\***

#### **Juniors**

- Juniors will have 30 minutes to prepare. They will also have more of an interview than a presentation.
- Teams are allowed to have 3-4 members.
- No pantry of perks will be available for juniors.

#### **Seniors**

- Seniors scorecards have been redesigned.
- On page 14 of the food challenge manual, a “Food Safety Training Resource” is referenced. This has not been released from the state office. Therefore, judges will NOT have that as a reference this year. State-advancing teams will be sent this resource upon its release and will be responsible for studying it before state roundup.

#### **All**

- New items have been added to the supply boxes.
- Resources have changed (see “Contest Resources” section of this letter)
- All team members, or at least a majority, should participate in the presentation.

### **PAST CHANGES**

- No sharing of boxes
- Include placemat in box so that there is no burning of tables. Qualifying seniors will need to remove this before state competition.
- Presentation is vocal only. No props (whistles, kazoos, etc)
- MyPlate Wheels will be included in the junior resource folders, along with appropriate MyPlate resources for 8-year old.

## CONTEST RESOURCES

All of these resources can be found at <http://texas4-h.tamu.edu/projects/food-nutrition/>

**Click on the “Contests” tab for the following resources:**

- Texas 4-H Food Challenge Rules and Guidelines Manual
- Worksheet- this one is for seniors only
- FightBac – Fight Foodborne Bacteria Brochure
- MyPlate – 10 Tips to a Great Plate (intermediates and seniors only)
- Know Your Nutrients (Seniors and intermediates will be given the entire packet; juniors will be given charts only)

**Click on the “Volunteer” tab for the following resources:**

- Foodie Fanatics – A Food Challenge Recipe Resource
- Lesson Plans, Coaching Tips and Recipe Bank

Pinterest Board “District 2 4-H Food Challenge Practice Recipes”

All of these resources can be found at <http://d24-h.tamu.edu/events/food-challenge/>

- Intermediate – District Food Challenge Score Sheet
- Intermediate – Food Challenge Helpful Hints (updated)
- Intermediate – Food Challenge Worksheet
- Junior – District Food Challenge Score Sheet
- Junior – Food Challenge Helpful Hints (updated)
- Junior – Food Challenge Worksheet
- Junior – Food Challenge Box Items (updated)
- Junior- MyPlate wheel; includes link to order
- Junior- MyPlate for 8-year olds; website link

**Please also look at “Contest Resources” at the top of this page for resources that may be for all groups.**