

SOUTH PLAINS - DISTRICT 2 4-H

DATE: August 24, 2019

MEMO TO: All South Plains District 2 County Extension Agents

SUBJECT: **2019-20 District 2 4-H Food Challenge**

FROM: Wendy Scott
Lynn County CEA-FCH
Food Challenge Committee Chair

Michael Clawson
District Extension Administrator

FACEBOOK TRAINING: Tuesday, September 3; 7 pm; District 2 4-H Facebook Page

CONTEST DATE: Monday, October 28, 2019

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

CHECK IN: 10:00 a.m. (Seniors/Intermediates I)

11:45 a.m. (Intermediates II)

1:45 p.m. (Juniors I)

4:00 p.m. (Juniors II)

These times could change, but not by much.

CONTEST BEGINS: 10:30 a.m. (Seniors/Intermediates I)

12:15 a.m. (Intermediates II)

2:15 p.m. (Juniors I)

4:30 p.m. (Juniors II)

These times could change, but not by much.

AWARDS: Awards will be presented at the completion of each age group.

4-H CONNECT:

Early Registration: October 4 to October 18, 2019

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, 806.561.4562



The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a “key ingredient” and pantry access, teams of 3 to 4 members must develop a recipe and prepare the dish within 40 minutes. Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish.

**** Junior and Intermediate Teams will be scored on attached scorecards.****

****Senior Teams will be judged based on the state scorecard found within the
2019-2020 Food Challenge Manual**

South Plains - District 2 4-H
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Categories this year 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.

AGE REQUIREMENTS - Based on the 2019-2020 4-H year age requirements effective as of 09/01/19.

- **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 Wendy Scott, (806) 561-4562 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.

IT IS IMPERATIVE TO REVIEW MAJOR CHANGES IN THE DISTRICT 2 2019-2020 RULES AND GUIDELINES.

Here are items not in the guidelines, but you need for contest.

- Boxes
 - No sharing of boxes
 - Ints and seniors- include placemat in box so that there is no burning of tables. Qualifying seniors will need to remove this before state competition.
- Preparation at Contest
 - There will be no peanut butter used in any age division. Other allergies will be taken into consideration when entries are made on 4-H Connect.
- Presentation
 - Presentation is vocal only. No props (whistles, kazoos, etc)

CONTEST RESOURCES

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

- Rules and Guidelines 2019-20
- Scorecard Preparation | Presentation (seniors only)
- Worksheet (teaching tool only; will not be provided at contest)
- Food Safety Fact Sheet
- FightBac – Fight Foodborne Bacteria Brochure
- Know Your Nutrients (intermediates and seniors only)
- MyPlate Mini Poster (intermediates and seniors only)
- There are many other resources related to Food Challenge. Please be careful using these because many are based on how the contest was run years prior.

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

- District 2 2019-2020 Rules and Guidelines
- Intermediate – District Food Challenge Score Sheet
- Intermediate – Food Challenge Worksheet (teaching tool only; will not be provided at contest)
- Junior – District Food Challenge Score Sheet
- Junior – Food Challenge Worksheet (teaching tool only; will not be provided at contest)
- Junior – Food Challenge Box Items
- Junior – Nutrition Concepts
- Pinterest Board “District 2 4-H Food Challenge Practice Recipes”
- MyPlate Wheel (juniors only)- https://ncescatalog.com/MyPersonal-Plate-Wheel_p_1106.html
The MyPlate Wheel starts at the age of 9.
- MyPlate for 8 –year old juniors- <https://www.choosemyplate.gov/MyPlate-Daily-Checklist>. You will need to scroll the bottom of page, choose calorie level, then print.

cc: Michael Clawson, DEA District 2
Mandi Seaton, North Region FCS-RPD