

SOUTH PLAINS - DISTRICT 2 4-H

DATE: January 8, 2019

MEMO TO: All South Plains District 2 County Extension Agents

SUBJECT: **2020-21 District 2 4-H Food Challenge**

FROM: Wendy Scott Ronda White Felice Acker
 District 2 District Specialist Scurry County CEA-FCH Castro County CEA-FCH
 4-H Youth Development Committee Co-Chair Committee Co-Chair

CONTEST DATE: Monday, April 26, 2021

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)
 3:45 p.m. (Juniors II)

Times subject to change

CONTEST BEGINS: 10:30 a.m. (Seniors/Intermediates I)
 12:15 a.m. (Intermediates II)
 2:15 p.m. (Juniors I)
 4:15 p.m. (Juniors II)

Times subject to change

RESULTS ANNOUNCED: Awards will be announced live on the South Plains – D2 4-H Facebook Page



4-H Online Opens: April 1, 2021

4-H Online Closes: April 13, 2021

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

ENTRY FEE: \$15.00

CONTACT: Ronda White, (325) 573-5423

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. 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
 2020-2021 Food Challenge Manual**

South Plains - District 2 4-H
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AGE REQUIREMENTS - Based on the 2020-2021 4-H year age requirements effective as of 09/01/20.

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

TEAMS PER COUNTY: There will be no limit on the number of teams per county per age division that can enter district contest.

RULES ON COMBINING DIFFERENT AGE LEVELS ON TEAMS: 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.

CONTEST REMINDERS:

- 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)
- 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.
- MyPlate Wheels will be included in the junior resource folders, along with appropriate MyPlate resources for 8-year old.

NEW FOR THIS YEAR: PLEASE READ ALL

REALIGNED CATEGORIES:

- Appetizer
- Main Dish
- Side Dish
- Healthy Dessert

DIFFERENT RULES OF PLAY FOR JUNIORS, INTERMEDIATES AND SENIORS – PLEASE READ CAREFULLY

A major change to this year's contest includes different rules of play for juniors and intermediates versus seniors. We do not anticipate changes to rules of play to be permanent for future contests however we will utilize the following rules of play guidelines this year to allow for adaptability in conducting this contest. ALL teams please refer to the "D2 Rules and Guidelines Packet" for other contest rules.

- JUNIORS: Teams will be given a bag of mystery ingredients to cook with to coordinate with their assigned category. A grocery store and/or pantry will NOT be available to get additional items to cook with.
- INTERMEDIATES: Teams will be given a bag of mystery ingredients to cook with to coordinate with their assigned category. Intermediates will be all be able to utilize a team "Supply Box Pantry" (See below for items allowed in the Team Supply Box Pantry

- SENIORS: Teams will follow the state guidelines for rules of play with the exception of District Modifications denoted in the “D2 Rules & Guidelines Packet”. Teams will be provided with a key ingredient for their assigned category, have access to the “grocery store” and also be allowed to utilize a team “Supply Box Pantry”. (See below for items allowed in the Team Supply Box Pantry)
 - Team Supply Box Pantry (Intermediates and Seniors Only)
 - Each team may include in their supply box the following pantry ingredients which they may use when preparing their dish if desired. There is NO requirement to use these items, nor is it mandatory that teams include these in their supply box. No additional cost should be added to the recipe cost for these items. They are FREE.
 - Salt
 - Pepper
 - Oils (up to 17 oz)
 - 1 jar chicken bouillon
 - 1 medium onion
 - 2 cans vegetables and/or fruit (up to 16 oz) team choice
 - Rice (white or brown) or pasta (16 oz) – team choice

TEAM AND BOX CHECK IN: This year we will be utilizing the Remind Texting System to check teams in. Watch for a notification to join the remind app. Parents and members will be asked to remain in their vehicles prior to check in. County teams will receive a text notification prior to their assigned check in time. To assist with social distancing requirements, only 4-H team members will be allowed in the Mallet for check in, during contest and following presentations.

TEAM RELEASES: Once teams complete their presentation to the judges they will be released for the day. Team members will be responsible for removing supply boxes from the preparation area and the Mallet Event Center directly after their presentation has been completed.

AWARDS: This year there will not be an in-person awards ceremony. Results will be announced for ALL age groups virtually on the South Plains – D2 Facebook page following tabulation of scores at the completion of presentations for the last heat of the day. A remind text will be sent out to families prior to the start of the awards ceremony so they can tune in for results. Awards will be distributed electronically.

CONTEST CONTIGENCY PLANS: The District 2 Food Challenge Committee has several contest contingency plans in place to have options if we are not able to have the traditional one-day event as listed above. Members will be notified as soon as possible if one of the below alternative plans will be utilized.

Plan B: 2 Day In-Person Event @ Mallet Event Center (April 26-27, 2021)

Heat assignments, check in and contest begin times will be modified

Same contest guidelines as in letter above

Plan C: In-Person Contest in Cluster Locations Throughout the District

More information to come if we utilize this plan.

Plan D:

- Seniors Compete in Person on April 26
- Juniors and Intermediates Compete in Person in Summer

CONTEST RESOURCES

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

- Texas 4-H Food Challenge Rules and Guidelines Manual
- Altering Recipes for Good Health
- FightBac – Fight Foodborne Bacteria Brochure
- Food Safety Fact Sheet
- Know Your Nutrients

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/>

- “D2 Rules and Guidelines Packet”
- Know Your Nutrients - Utilized for Juniors, Intermediates and Seniors
- Intermediate – District Food Challenge Score Sheet
- Intermediate – Food Challenge Helpful Hints
- Intermediate – Food Challenge Worksheet
- Junior – District Food Challenge Score Sheet
- Junior – Food Challenge Helpful Hints
- Junior – Food Challenge Worksheet
- Junior – Food Challenge Box Items

MyPlate Wheel (juniors only)- <https://nutrition.eatsmart.org/products/myplate-wheel>. 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.

Senior Study Resources for Additional Presentation Questions:

Following the 5-minute team presentation seniors will be asked 6 additional questions related to general nutrition, health, chronic disease prevention or other relevant to food and nutrition. Please use the following resources to prepare teams for these questions.

MyPlate (one question specific to category in which a team is competing)

10 Tips: Vary your protein routine https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet6ProteinFoods_0.pdf

10 Tips: Focus on fruits https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet3FocusOnFruits_0.pdf

10 Tips: Add more vegetables to your day https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet2AddMoreVegetables_0_0.pdf

10 Tips: Choosing whole grain foods https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet22ChoosingWholeGrainFoods_0.pdf
10 Tips: MyPlate snack tips for parents https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipSheet24MyPlateSnackTipsforParents_0.pdf

2015-2020 Dietary Guidelines For Americans (one question specific to category in which a team is competing) Current Intakes and Recommended Shifts; pages 43-53
[https://health.gov/dietaryguidelines/2015/resources/2015-2020 Dietary Guidelines.pdf](https://health.gov/dietaryguidelines/2015/resources/2015-2020_Dietary_Guidelines.pdf)

Know Your Nutrients (one nutrition question specific to category in which a team is competing)
https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf

Preparation Principles and Functions of Ingredients (one question from each page)
<https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Food Safety (one question specific to category in which a team is competing)
https://texas4-h.tamu.edu/wp-content/uploads/Fight_BAC_Brochure.pdf

If you need any type of accommodation to participate in this program or have questions about the physical access provided, please contact your county office or Ronda White, (325) 573-5423 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.

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