**DATE**: August 15, 2022

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

**SUBJECT:** **2022-23 District 2 4-H Food Challenge**

**FROM:** Ronda White Felice Acker

Scurry County CEA-FCH Castro County CEA-FCH

 Committee Co-Chair Committee Co-Chair

**CONTEST DATE:** Tuesday, November 8, 2022

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

**IN PARKING LOT:** 9:30 a.m. (Seniors/Intermediates I)

11:30 a.m. (Intermediates II)

 1:30 p.m. (Juniors 1)

**CHECK IN:** 9:45 a.m. (Seniors/Intermediates I)

11:45 a.m. (Intermediates II)

 1:45 p.m. (Juniors I)

**CONTEST BEGINS:** 10:15 a.m. (Seniors/Intermediates I)

12:15 a.m. (Intermediates II)

 2:15 p.m. (Juniors I)

\*\* If we have an increase in team entries another heat may be added after Juniors 1.

**RESULTS ANNOUNCED:** Awards will be announced on Facebook at “South Plains - District 2 4-H”

 with no In Person Awards Ceremony

**4-H Online Opens:** October 10, 2022

**4-H Online Closes**: October 21, 2022

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

**LATE REGISTRATION: NO LATE REGISTRATION ACCEPTED**

**ENTRY FEE** : $15.00

**CONTACT:** Ronda White, (325) 573-5423

**We will be using the Remind Text App to communicate to teams and parents during the contest. To join:** **Text 81010 and in the message type: @d2food. This is a NEW remind group. Everyone will need to sign up for this year’s contest text thread.**

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 My Plate knowledge, nutrition value, preparation steps, serving size, and food safety concerns.

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

\*\*Senior Teams will be judged based on the state scorecard found within the

2022-2023 Food Challenge Manual

**GRADE REQUIREMENTS** - Based on the 2022-2023 4-H year grade requirements effective as of 09/01/22.

* + **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 the 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 composed 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 based on input received from 4-H online entry comments

**CATEGORIES:**

* Appetizer
* Main Dish
* Side Dish
* Healthy Dessert

**NEW: There are a few changes to this years contest. Areas that have a change are denoted in yellow. Please read carefully.**

ALL teams please refer to the “D2 Rules and Guidelines Packet” for a complete set of contest rules.

**Junior and Intermediate Teams Only: Teams must have tables completely cleared off at the end of the 40 minute cooking period. Teams that still have items left on the table at the end of the 40 minutes will have 5 points deducted from their total score.**

**NEW This Year :**

* **Cost Analysis:** Teams will NOT be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest.
* **Supply Boxes:** Boxes must be completely closed and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40” x 24” X 40”. If the box is on wheels, the height of the wheels is included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

**RULES OF PLAY FOR JUNIORS, INTERMEDIATES AND SENIORS**

**PLEASE NOTICE:** Rules of Play are different for Juniors, Intermediates and Seniors. Please read carefully before training your teams to prepare them for contest. Changes are noted in yellow.

* **JUNIORS:** Teams will be provided a key ingredient for their assigned category and have access to the “grocery store”. The number of items they may get from the grocery store will be announced during orientation of the District contest. Juniors will NOT be allowed to bring a team “Supply Box Pantry”
	+ Juniors ONLY will be allowed a “Gadget of the Year”. This is not required but teams will be allowed to use a mini electric griddle for contest this year. **Contact your agent for specifications PRIOR to purchasing a griddle.**
	+ **DASH Mini Maker Electric Round Griddle Link:** [**Amazon.com: DASH Mini Maker Electric Round Griddle for Individual Pancakes, Cookies, Eggs & other on the go Breakfast, Lunch & Snacks with Indicator Light + Included Recipe Book - Aqua : Everything Else**](https://www.amazon.com/DMS001AQ-Electric-Individual-Breakfast-Indicator/dp/B01MSVSU1O/ref%3Dasc_df_B0169N1YMO/?tag=hyprod-20&linkCode=df0&hvadid=167151781903&hvpos=&hvnetw=g&hvrand=6487819222781876974&hvpone=&hvptwo=&hvqmt=&hvdev=c&hvdvcmdl=&hvlocint=&hvlocphy=9028593&hvtargid=pla-309790038212&th=1)
* **INTERMEDIATES:** Teams will be provided a key ingredient for their assigned category and have access to the “grocery store”. The number of items they may get from the grocery store will be announced during orientation of the District contest. Intermediates will be able toutilize 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. Refer to the “2022 FALL D2 Food Challenge Contest Guidelines” Teams will be provided 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.
			* Pepper
			* Salt
			* 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:**  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. **Only 4-H team members will be allowed in the Mallet for check in, during contest and following presentations.**

**SUPPLY BOX LABELING:** Teams need to label their team supply boxes with the following: County, Team Number and Team Member Names. This will help us in matching up boxes to teams after team 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 of the Mallet Event Center directly after their presentation has been completed.

**AWARDS:** This is no in-person awards ceremony. Results will be announced for ALL age groups virtually on the South Plains – D2 Facebook page. A remind text will be sent out to families once the results have been posted.

**To Join Our District 2 Food Challenge Remind App: Text 81010 and in the message type: @foodchall**

**CONTEST RESOURCES**

State Food Challenge Resources: <http://texas4-h.tamu.edu/projects/food-nutrition/>

District Specific Resources: <http://d24-h.tamu.edu/events/food-challenge/>

**Pinterest Board “4-H Food and Nutrition”**

**Senior Study Resources for Additional Presentation Questions:**

Following the 5-minute team presentation seniors only will be asked 3 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.

**My Plate Mini-Poster**

<https://texas4-h.tamu.edu/wp-content/uploads/MyPlate-Mini-Poster.pdf>

**Fight Bac - Fight Foodborne Bacteria Brochure**

<https://texas4-h.tamu.edu/wp-content/uploads/national_food_challenge_fight_back_brochure.pdf>

**Know Your Nutrients**

<https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf>

**Food Safety Fact Sheet**

<http://texas4h.wpengine.com/wp-content/uploads/nutrition_food_challenge_food_kitchen_safety_fact_sheet.pdf>

**Additional Contest Resources:**

2020-2025 Dietary Guidelines For Americans [https://health.gov/dietaryguidelines/2020/resources/2020-2025\_Dietary\_Guidelines.pdf](https://www.dietaryguidelines.gov/resources/2020-2025-dietary-guidelines-online-materials)

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 Online.

cc: Michael Clawson, DEA District 2

 Molly Forman, North Region FCH-RPL