

SOUTH PLAINS - DISTRICT 2 4-H

DATE: August 15, 2023

MEMO TO: All South Plains District 2 County Extension Agents

SUBJECT: 2023-2024 District 2 4-H Food Challenge

FROM: Ronda White Felice Acker Bailee Wright
Scurry County CEA-FCH Castro County CEA-FCH District 2 4-H Specialist
Committee Co-Chair Committee Co-Chair

CONTEST DATE: Monday, October 30, 2023

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

4-H ONLINE OPENS: September 30, 2023

4-H ONLINE CLOSES: October 13, 2023

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 continue to utilize the system set in place last year with group assignments within each heat. Teams will report in 10-minute staggering increments from the initial posted start time within each heat based on the group they are assigned. See below approximate beginning times for arriving in the parking lot, check in and cooking times. Final heat/group assignments will be sent to respective county agents the week prior to the contest.

IN PARKING LOT: 9:30 a.m. (Seniors/Intermediates I)
11:30 a.m. (Intermediates II/Juniors 1)
1:30 p.m. (Juniors 2)

CHECK IN: 9:40 a.m. (Seniors/Intermediates I)
11:40 a.m. (Intermediates II/Juniors 1)
1:40 p.m. (Juniors 2)

CONTEST BEGINS: 9:55 a.m. (Seniors/Intermediates I)
11:55 a.m. (Intermediates II/Juniors 1)
1:55 p.m. (Juniors 2)

** Teams will go directly into their interview at the completion of their cook time and be released after their team presentation.

** If we have an increase in team entries another heat may be added after Juniors 2

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PLEASE READ ALL RULES CONTAINED WITHIN THIS LETTER CAREFULLY. OUR D2 CONTEST RULES ARE SLIGHTLY DIFFERENT THAN OTHER STATE CONTESTS FOR INTERMEDIATE AND JUNIOR TEAMS.

RESULTS ANNOUNCED: Awards will be announced on Facebook at “South Plains - District 2 4-H” with no In Person Awards Ceremony

NEW: We will be using the Remind Text App to communicate with teams and parents during the contest. This year there are Remind groups for each age division to accommodate the large number of youth in our food challenge contest. See below group codes:

- **Senior Members:** @d2fcsenior
- **Intermediate Members:** @d2fcinter
- **Junior Members:** @d2fcjunior

To join, text 81010 and in the message type the appropriate code. If you have youth in multiple age groups please join the Remind for each age division they are COMPETING in.

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.

GRADE REQUIREMENTS: Based on the 2023-2024 4-H year grade requirements effective as of 09/01/23.

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

REGISTRATION: Members must be enrolled in 4-H Online as a 4-H member PRIOR to registering for this contest. PLEASE do not wait until a week before the contest deadline to enroll members. This does not allow adequate time to process the member's enrollment and it may prevent a member from competing in the contest. Before registering teams for the contest; please verify grade level, appropriate age group, and division entered.

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

MEMBERS PER TEAM

- Each team will have a minimum of three and a maximum of four members.

STATE 4-H ROUNDUP TEAM ADVANCEMENT – SENIORS ONLY

- Each District may advance 4 teams to compete in the State Food Challenge Contest. The 1st place team in each category at district contest will qualify to compete at State 4-H Roundup. Teams advancing will not automatically be assigned to the same category as they were at district.

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 4-H members in 9th-12th grades.

CATEGORIES:

- Appetizer
- Main Dish
- Side Dish
- Healthy Dessert

2023 CONTEST CHANGES:

- **Supply Boxes**
 - An Empty tub for dirty dishes may be placed on top of the equipment supply box
- **Supply Box List**
 - Added: Cookie Cutters (up to 2 – Team Choice)
 - Deleted: Beverage Cup
- **Supply Box Pantry (Intermediates and Seniors Only)**
 - Added: Cornstarch OR Flour (up to 1 lb – Team Choice)

CONTEST REMINDERS:

- No sharing of boxes
- Include placemat in the box so that there is no burning of tables. Qualifying seniors will need to remove this before the 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
- No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices.

Cooking Requirements for All Teams

- Based on food provided for each age division, each team will create an entire dish/recipe (not a full meal) using the provided ingredients.
- Teams should not create a side or multiple dishes with the ingredients provided.
- During the presentation, teams should present the entire dish/ recipe to the judges.
- Teams are challenged to be creative and develop an original recipe with the ingredients provided.
- Teams will determine the exact amount of each ingredient used based on their original recipe.
- Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, My Plate, and food safety. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.

Rules of Play for ALL Teams:

- After team check-in, each team will be directed to a cooking/preparation station.
- Prior to the start of each assigned cooking time, a contest orientation will be conducted. General guidelines, resources, and instructions will be provided.
- Contest categories will be revealed at the teams' assigned preparation station.
- Teams will be provided a key ingredient that is representative of one of the following categories: Appetizer, Main Dish, Side Dish, and Healthy Dessert.
- Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area
- A 20-minute warning, 10-minute warning, 5-minute warning, and 1-minute warning will be given during the contest

- After the 40-minute preparation time is up, your area **MUST** be clean, and all the supplies and extra food items must be in your supply box and/or dirty dish box. If you have a hot plate or other items cooling, it may be placed on the team supply box.
- **Junior and Intermediate Teams Only:** 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
- After time is called for the 40-minute preparation period, no talking and no writing is allowed among any team members. Team members caught talking and/or writing will receive a warning. The second time, the team will be disqualified and asked to leave the contest facility. Team members should not have pens or pencils in their possession while waiting to give their presentation.
- Once time is called, teams will be escorted to a holding area where they will remain until called in for their team presentation.
- If you need to use the restroom let your group leader know

TEAM PRESENTATIONS

- Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation.
- To earn maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.
- Intermediates and Juniors will be only be asked clarifying questions following their 5 minute presentation based on the score sheet
- **SENIORS ONLY:** At the end of the 5 minutes presentation, time will be called. Judges will be allowed 3 minutes to ask questions; however, judges will not ask questions related to what teams should have covered during the presentation. Judges' questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition.
- After your team presentation your team will be dismissed to go home. Teams are asked to pick up the team supply box from the holding area before leaving

AGE DIVISION SPECIFIC REMINDERS:

Juniors:

- Juniors will NOT be allowed to bring a team "Supply Box Pantry"
- Juniors prepare a dish and do NOT talk servings of the dish
- Juniors will be allowed a Mini Electric Griddle in their team supply box. This is not required but is an option for junior teams. **Contact your agent PRIOR to purchasing a griddle. The D2 Food Challenge Committee will not be purchasing griddles this year.**

Intermediate & Senior Teams

- Teams will be able to utilize a team "Supply Box Pantry"
- **Dishes/recipes created should include two or more servings.**
- Teams should communicate during their presentation what an individual serving size should be.
- Teams will be responsible for determining the number of servings their dish provides.

Seniors Only

- All senior teams will be judged during the cooking phase of the competition.

GROCERY STORE:

- Junior, Intermediate and Senior Teams have access to the “grocery store”. Grocery store items should combined with the team’s “key” ingredient to create an original recipe/dish during the contest.
- Teams are required to get a minimum of 2 items from the grocery store.
- The maximum grocery store items a team may take will be announced during orientation of the District contest.
- The “grocery store” will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, spices, etc.
- Original packaging will be provided

SUPPLY BOX

- Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section.
- Supply boxes will be verified by county agents PRIOR to contest day. Any extra equipment not listed on the supply box list should be removed from the team’s supply box.
- **Juniors have a different supply box list from Intermediates and Seniors**
- **Only junior teams are allowed to have Mini Griddles in their supply boxes.**

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
 - Cornstarch OR Flour (up to 1lb) – team choice

- **Supply Box Size Requirement: Boxes are limited to the following dimensions: 40”x24”x40”**

FOOD AND EQUIPMENT SAFETY

- A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Teams should also discuss safety steps used during the presentation phase of the contest.

GLOVES

- Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensils. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items, and ready-to-eat items or raw vegetables to prevent cross-contamination.

HAIR RESTRAINTS

- Juniors and Intermediates - Optional
- Seniors: Each team member must wear a hat, hair net, and/or another type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandanas with hair completely pulled back, a Chef hat with hair restrained inside, or a cap with hair completely tucked inside.

ATTIRE

- Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed-toe shoes and hair restraints.

EQUIPMENT MALFUNCTIONS

- Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation without the malfunctioning equipment.

ELECTRICAL MALFUNCTIONS

- If the electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.

ORIGINAL PACKAGING

- Ingredients may have been divided among teams to minimize the cost and reduce wastefulness. If teams need to see an original food package and/or the nutrition facts label, you may view it in the grocery store table area if available. Teams may not take the original food package from the table.

WASHING OF PRODUCE

- All fresh produce (fruits and vegetables) has been washed prior to the contest

WATER JUGS

- Water jugs will be located throughout the room if water is needed for food preparation

WATER AND FOOD DISPOSAL

- Trash cans are located throughout the room for your use to dispose of unused food
- Containers will be distributed throughout the room to dispose of water

FIRST AID KITS

- Each team has the opportunity to include a small first aid kit in your supply box. If you did not bring a first aid kit, contest officials have one. If you happen to need first aid due to a cut or burn, please let your group leader know immediately so they can assist you!

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 get appropriate boxes to teams after 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.

RESOURCE MATERIALS PROVIDED AT CONTEST

- **ALL TEAMS** will receive the following:
 - MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, Food Safety Fact Sheet and a Grocery Store Ingredient List
 - Junior teams will also receive the My Plate Food Group Servings Chart

- No other resource materials will be allowed. Teams may NOT use their personal copies of the resources during the contest. They need to be removed from supply boxes Prior to the contest.

SCORESHEETS:

- Junior and Intermediate Teams will be scored on the District 2 Junior and Intermediate Scoresheets.
- Senior Teams will be judged based on the state scorecard found within the 2023-2024 Food Challenge Manual

CONTEST RESOURCES:

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

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

****Refer to the District 2 4-H Website for the following contest resources****

- Senior Food Challenge Scoresheet
- Intermediate Food Challenge Scoresheet
- Junior Food Challenge Scoresheet
- Intermediate & Senior Supply Box List
- Junior Food Challenge Supply Box List
- 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
- Food Challenge Explore Guide: [food_challenge_rules_guidelines_23.pdf](https://texas4-h.tamu.edu/wp-content/uploads/food_challenge_rules_guidelines_23.pdf) (tamu.edu)

Additional Resources:

- 2020-2025 Dietary Guidelines For Americans https://health.gov/dietaryguidelines/2020/resources/2020-2025_Dietary_Guidelines.pdf
- **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

Fight Bac - Fight Foodborne Bacteria Brochure

Know Your Nutrients

Food Safety Fact Sheet

If you need any type of accommodation to participate in this program you must list your accommodation in our 4HOnline Registration.

*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