FOOD PREPARATION CONTEST
“Foods of the Pacific Northwest”
Superintendent: Jenny Chamness
Wednesday 10:30am to 5pm

Participants must be enrolled in the Foods and Nutrition project. Each participant must prepare one food product. Judging criteria are outlined in the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website: http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials.

There are two divisions in the contest, Intermediate and Senior.

The following items apply to each division and class:

1. Participants will have one hour (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator.

2. Participants should prepare one recipe, one batch, etc., of the food product using at least two ingredients representative of the Pacific Northwest. Participants should select a food product that can be prepared within the time limit. For food safety, finished dishes prepared at home may not be brought and served at fair. Only yeast products which require proofing will be allowed extra time. Proofing time is done with members out of the kitchen. Participants should not prepare the same recipe more than one year.

3. The use of alcoholic beverages that would be unlawful for a minor to purchase or possess is not permitted.

4. The food prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each display. A centerpiece may be included if the participant wishes, but is not required.

5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.

6. All participants must provide the judge with a “Judges Information Form,” available from the county Extension Office or at, http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials. The judge will also ask questions regarding the Pacific Northwest food used, i.e., nutritive value, region produced, or season when most plentiful.

7. All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Posters will not be returned. Please include 4-H member’s name, county and contest name on the poster.

8. Participants are expected to leave the kitchen clean. This will be part of the judge’s evaluation.

DIVISION

Each county may enter as many blue ribbon participants from the county contest as the judge qualifies.

511 601 011 Junior, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

511 601 012 Intermediate, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

511 601 013 Senior, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish

MINI-MEAL CONTESTS

There are two divisions in the contest, Intermediate and Seniors; to qualify for Oregon State Fair. County ONLY JUNIOR Classes are below; Oregon State rules still apply. Within those divisions there are individual and team classes. Teams will consist of two members. If one team member is a senior and the other an intermediate, the mini-meal should be entered in the senior division.

4-H members enrolled in the Food and Nutrition and Food Preservation projects may have one entry in each division as long as different dishes are prepared for each. Each participant (or team) must prepare only two dishes. One must be a main dish and the other can be any other food which would either (a) make an entire meal if served together, or (b) be part of a larger meal if other foods were included.
The meal might be a breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members can utilize food products they have preserved. Judging criteria are outlined on the newly revised 4-H Food and Nutrition Contest Score Sheet (40-457), available at the county Extension office or on the State 4-H website at, http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials

The following items apply to each division and class:

1. Participants will have two hours (start to finish) for set-up, preparation, and cleanup. Participants must provide all ingredients and equipment except range, microwave oven, and refrigerator. For food safety finished dishes prepared at home may not be brought and served at fair.

2. Participants should prepare one recipe, one batch, etc., of food product. No fixed number of servings is required.

3. The use of alcoholic beverages that would be unlawful for a minor to possess is not permitted.

4. The foods prepared must be displayed on a serving platter or tray, or in a dish, bowl, basket, etc. Participants must also display one place setting of the table service which would be used in serving the meal (include plates, tableware, napkin, glasses, tablecloth, placemat, or whatever is appropriate). A card table will be available for each participant to use for display. A centerpiece may be included if the participant wishes, but is not required.

5. Participants will serve samples of the food to the judge and the public. Paper plates and plastic utensils will be provided by the Fair.

6. All participants must provide the judge with a “Judges Information Form,” available from the county Extension office, or at, http://oregon.4h.oregonstate.edu/fair-exhibit-and-contest-materials

7. All participants must provide a poster (approximately 24” x 30”) of the recipe to display in the preparation area. Posters will not be returned.

8. Participants are expected to leave the kitchens clean. This will be part of the judge’s evaluation.

511 602 012  Mini-Meal (Intermediate)
511 602 022  Mini-Meal (Team, Intermediate)
511 602 013  Mini-Meal (Senior)
511 602 023  Mini-Meal (Team, Senior)