



Extension Service Southern Oregon Research & Extension Center
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January 13, 2017

TO: **Food Leaders and Members**
FROM: **Cheri Biskeborn, Food Superintendent & Kim Skomerza, 4-H Program Assistant**
RE: **2017 Food Preparation Contest & Food Judging Contest – March 11**

I hope you are thinking about participating in the 2017 4-H Food Contest! 4-H members enrolled in any foods project are eligible to enter. Last year's food members and leaders, and those registered already this year, should receive this information.

LOCATION: South Medford High School (off Columbus Ave.)

DATE/TIMES: Saturday, March 11 *8:00 a.m. - 6:00 p.m. (We are trying to schedule only on Saturday. However, if numbers warrant, we will add Sunday slots.)

**Yeast breads will not be scheduled after 1 p.m.*

ENTRY FEE: Each Fair class requires a \$2.00 entry fee that **MUST** be paid at registration time.

FOODS CONTEST REGISTRATION AND SCHEDULING: Registrations are due in the Extension Office by **Friday, March 3, 2017**. To register, return the Registration Form hard copy to the office **or** via e-mail to Cheri at biskeblvd@msn.com. You may submit with your club or individually. We will do our best to accommodate your choices. The first registrations received will get first choice. **PLEASE REMEMBER TO INCLUDE YOUR DIVISION AND CLASS NUMBER(S)**. It helps us in scheduling. **Don't send in any recipes or cost sheets**. Bring them to the judge on the day of your contest. Bring a complete recipe for the judge. We will contact you to confirm your scheduled time.

LOCATION: The 2017 contest will be held at South Medford Senior High School at 1551 Cunningham Avenue, off Columbus Ave.

FACILITIES: Ranges, microwave oven, and refrigerators will be provided as usual. Members must bring everything else...hot pads, trays, dish rags, dish soap, towels, utensils, ingredients. Members are not allowed to use any equipment in the school kitchen. Remember, cleaning up after yourself is important. Judges do check. Label utensils and personal appliances.

TYPE OF CONTESTS: There are three basic contests in which members may participate (see individual contest guidelines which follow this section):

1. 1-Hour **"Food of the Pacific Northwest" Food Preparation Contest**
2. 2-Hour **Mini-Meal Contest**
3. **Judging Contest**

JUDGING CONTEST: The 2017 Food Judging Contest will be held during the Food Preparation Contest. If you are enrolled in a foods project, give it a try. This is a good chance to put your food knowledge to the test, and it will be set up during the entire contest. We do not have detailed information for the contest at this time, but we will announce it in the Monday Morning Minute as soon as we get it.

Attached (immediately after this letter) are some Food Preparation Contest Tips developed by Lynn Gladman, on Recipe Selection Ideas, Paperwork, Tips for Success, and Packing & Organizing Your Supplies, and The Oral Interview.

RULE CLARIFICATIONS AND GENERAL INFORMATION:

- Members can enter more than one contest; i.e. Mini-Meal and Foods of the Pacific Northwest, but not two per division.
- Some recipes are more appropriate than others for the contests. Some products can be prepared during the allotted time, some cannot. **Only yeast products, which require proofing, will be allowed extra time.** One-pot meals may have a sample of the finished product if cooking time is several hours. **Be sure to bring a recipe for the judge as well as your own.**
- The question about pre-measured or pre-chopped foods comes up every year. **YOU MUST DO THE WORK DURING THE CONTEST.** The judge cannot see what you did or how long it took you to do it when you bring it with you. Part of the contest criteria is being able to accomplish all tasks during the specified amount of time.
- Members are not to be communicating with their mother, father, or leader during the contest. There are clerks to help members with any questions or problems.
- Remember to practice. Judges can usually tell which members are comfortable with the recipe and process. One suggestion from former contestants: practice once at someone else's house. It helps you to create a "to take" list and make sure you haven't forgotten anything.
- Mini Meal examples of one item: crepes with fruit compote, spaghetti and sauce, biscuits and gravy.
- Please be on time! If you arrive more than 15 minutes beyond your scheduled time, you may not be able to cook.
- Creativity and difficulty are rewarded. We want you to select a recipe which you feel comfortable making. However, we also want to challenge you. If there are two members in the same division and one makes a pie and the other makes a peanut butter sandwich, and they both do a wonderful job, the one making the more difficult item will probably win.
- Label all food items carefully. There have been times when moms/members put the flour, sugar, salt, and powdered sugar in small containers to take to the contest. Unfortunately, sometimes these items are hard to distinguish when under pressure of the contest. The results can be disastrous.

SCORING will be according to the following: 1. Preparation (includes preparation skills and procedures, management of equipment and sequence, and work habits) – 50 points; 2. Finished Product (includes appearance, color, flavor and temperature) – 25 points 3; Other (includes creativity, nutrition, cost accuracy, appropriate table setting) – 25 points.

POSTER CONTEST: We will again reward the top members for their fine job at poster “creating”.

AWARD CEREMONY: We will host an Award Ceremony (Foods Contest and the Presentation Contest ceremonies will be combined like last year) on Monday, April 24, starting at 6:30 in the Extension Service Auditorium. Award winners will be announced, and critique sheets, ribbons, etc. will be distributed. More information will be available at the contest.

If you have any questions about the contest, call Kim Skomerza at 541-621-2091, or Superintendent, Cheri Biskeborn, at 541-664-5226.

We wish you well as you prepare for the contest.