FOODS CONTEST GUIDELINES
FOODS OF THE PACIFIC NORTHWEST
Food Preparation Contest

4-H members enrolled in all foods projects are eligible to enter. Each participant must prepare one food product. The following items apply to each division and class:

1. Participants will have one (1) hour for set-up, preparation, and cleanup (excluding proofing time for **yeast products only**, if needed). Participants must provide all ingredients and equipment except range, microwave and refrigerator.

2. Participants should prepare 1 recipe, 1 batch, etc. of the food product **using at least 2 ingredients representative of the Pacific Northwest.** Participant should select a food product that can be prepared within the time limit. Only yeast products which require proofing will be allowed extra time. The judge may ask questions regarding the Pacific Northwest food used, i.e., its nutritive value, region produced, or season when most plentiful. No fixed number of servings is required. 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 dish, bowl, basket, etc. Participants must also display 1 place setting of the table service which would be used in serving the food at a meal (include plates, tableware, napkin, glasses, tablecloth, place mat or whatever is appropriate). A table will be available for each display. A centerpiece may be included if the participants 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 for the public.

6. All participants must provide the judge with a "Judges Information Form", included in this packet.

7. All participants must provide a poster (22"x 30") of the recipe to display in their preparation area. You may reclaim it at the end of the contest or at the Extension Office for a limited time.

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

FIRST YEAR JUNIOR & JUNIOR DIVISIONS and Classes:

Just before setting up, participants **MUST** provide the judge with:

1. The recipe for the food to be prepared.
2. Identify which food group(s) the prepared dish represents.

511601015 – First-Year Junior Food Preparation, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Snacks, Dessert, Main Dish.

511601011 – Junior Food Preparation, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Snacks, Dessert, Main Dish.

INTERMEDIATE DIVISION and Class:

Just before setting up, participants **MUST** provide the judge with:

1. The recipe for the food to be prepared.
2. The itemized cost of the food to be prepared (there are NO cost restrictions). Use Market Price for ingredients. Also give cost per serving (divide total cost of ingredients by number of servings made by the recipe.
3. A menu for a meal in which the food to be prepared might be served, with each food on the menu identified by food group.

511601012 – Intermediate Food Preparation, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish.

SENIOR DIVISION and Class:

Just before setting up, participants **MUST** provide the judge with:

1. The recipe for the food to be prepared.
2. Menus for three meals during a day the food to be prepared might be served, with each food on the menu identified by food groups.
3. Cost per person of meal in which food prepared would be served. Itemize the cost of ingredients for contest food prepared. Use Market Price for all calculations. Also calculate the cost per serving (divide total cost of ingredients by number of servings made by recipe).

511601013 – Senior Food Preparation, One food product chosen from: Fruit or Vegetable Dish, Salad, Sandwich, Grain Product, Yeast Product, Dairy Product, Main Dish.

FOODS CONTEST GUIDELINES
Mini-Meal Contest

There are four divisions in the contest: First-Year Junior, Junior, Intermediate and Senior. 4-H members enrolled in all foods projects are eligible to enter.

Each participant must prepare a main dish and only one 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 breakfast, lunch, dinner, brunch, buffet supper, snack meal, party meal, etc. Members in Food Preservation must include in their meal at least one food product they have preserved.

The following items apply to each division and class:

1. Participants will have two (2) hours 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. 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, placement, or whatever is appropriate for the menu you have chosen). A 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.

JUST BEFORE THEY BEGIN SETTING UP, ALL PARTICIPANTS MUST PROVIDE THE JUDGE WITH:

1. JUDGE'S INFORMATION FORM, which includes the following information:
   a. A menu for meal to be prepared (or for the meal in which the foods would be served if the foods prepared in the contest are not the whole meal).
   b. A very general outline of the task sequence to be used in preparing the foods. For example: 1) Prepare pizza; 2) Put pizza in oven; 3) Make salad dressing; 4) Make salad.
   c. List of ingredients and (optional for Juniors) include itemized cost figures for each food to be prepared (or of the entire meal if the foods prepared in the contest are not the whole meal) and cost per person for the entire meal. There is no cost restriction. Use market prices for all calculations.
   d. Directions for using the recipes for the foods to be prepared.

2. All participants must provide a poster (approximately 22" x 30") of the recipe to display in their preparation area. You can claim it at the award ceremony or for a limited time at the Extension Office.

MINI-MEAL CONTEST <u>class</u> numbers:

511602015 – First-Year Junior Mini-Meal
511602011 – Junior Mini-Meal
511602012 – Intermediate Mini-Meal
511602013 – Senior Mini-Meal Food & Nutrition

PREMIUM POINTS for Food Preparation and Mini-Meal Contests:

Purple and Blue awards	6 pts.
Red awards	5 pts.
White awards	4 pts.

4-H MINI-MEAL CONTEST
Judge's Information Form

Division: ___ 1st Year Junior
___ Junior
___ Intermediate
___ Senior

Your Name_____

Your Club Name_____ **Phone** _____

MENU

Food Group	Menu

TASK SEQUENCE

NAME OF RECIPE_____

Amount and List of Ingredients	(Juniors Optional **Estimated Cost** Market Prices
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total	$
Number of Servings:	$
Cost Per Serving:	$

Directions:

SF 882 Continue on another sheet if necessary

FOODS OF THE PACIFIC NORTHWEST
4-H FOOD PREPARATION CONTEST
Judge's Information Form

Division: ☐ 1st Year Junior ☐ Junior ☐ Intermediate ☐ Senior

_____
Your Name

_____
Club Name

Phone_____

Name of Recipe_____

Amount and List of Ingredients	**Cost (Market Price)**
	$
	$
	$
	$
	$
	$
	$
	$
	$
Total:	$
Number of Servings:	$
Cost per Serving:	$

Directions:
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MENU(S)

INTERMEDIATES: Plan a menu for one meal in which the food you are preparing might be served. Identify each food on the menu by food group.

SENIORS: Plan menus for three meals during a day the food you are preparing might be served. Identify each food on the menu by food group. Also calculate the cost per person for the MEAL in which your contest food is included.

Food Group	**Menu**

Food Group	**Menu**

Food Group	**Menu**