FOOD CONTESTS

FAVORITE FOOD CONTEST
(Tuesday, July 19, 9 am) Available to all levels

RULES
Contestant must be enrolled and participate in the 4-H Foods and Nutrition or Food Preservation Project to qualify. This contest WILL be used to qualify youth for other food preparation contests at State Fair.

Food to enter: Contestant may enter a favorite food or dish that features a healthy choice from at least one of the five food groups. These food groups are 1) Grains; 2) Vegetables; 3) Fruits; 4) Milk; 5) Meat & Beans. Food entered should be typical of the foods prepared in the project in which the member is enrolled and appropriate for the contestant’s level or phase in food project. Note: Pastries, pies, candy, confections and other high calorie, low nutritive value desserts are not typical examples of food in these five food groups, so should not be entered in the food contest. All foods must be prepared by member BEFORE coming to the contest. No food preparation may take place at the contest location. Rules for food safety should be followed in preparation and transport of the food product. Use of alcoholic beverages in recipes is not permitted.

Contest Information: Each member will have 30 minutes to set up, talk to the judge and clean up. Contestants will be a part of the display, so they should be clean and dressed appropriately for the occasion. Members will be expected to answer questions asked by judges. Contestant’s exhibit will include a serving dish containing all of the food made from the recipe. The exception of this would be a quantity recipe, such as muffins, for which an attractive arrangement should be made. One serving will be served to the judge on a plate provided at the contest.

Contestants will provide or do the following items:
1. Intermediate/Seniors: A copy of the meal’s menu and recipe for the food prepared along with the “Judges Information Form – Foods of the Pacific Northwest” available at the Extension office.
2. Juniors: A copy of the meal’s menu and recipe for the food prepared along with the “Judges Information Form: Junior Favorite Foods” available at the Extension office.
3. Appropriate table appointments - one place setting. Use dishes, silver and linen for the course with which the food exhibit is served. (Table settings for the Table Setting Contest may be used for this contest. They must be returned to table setting area after the contest.)
4. Appropriate size table decoration for individual card table, tables will be provided.
5. Appropriate arrangement of exhibit on card table.
6. Provide their own equipment and supplies such as table appointments, and groceries.
7. Food should be prepared at home prior to set up time. Contestants should follow rules for food safety in transporting their dish. Care should be taken to select a dish that will be appropriate for transporting and maintaining safe. Hot foods must remain hot. Cold foods must remain cold. The judge may decide not to taste a dish if food safety is a concern.
8. Contestants enrolled in food preservation projects will prepare their food display from a product they have preserved. One container of each product will be on exhibit on their display table.
9. Clerks will serve food to public if contestant would like. Plates and utensils will be provided.

SCORE GUIDELINES
30% - Knowledge of Food and Nutrition
20% - General Appearance, Quality and Flavor of Product
30% - Table Appointment and Contestants Appearance
20% - Meal's Menu
100% - Total Possible

CLASSES
511 604 201* Favorite Foods - Junior. One food or dish featuring Grains, Vegetable, Fruits, Milk, or Meat & Beans
511 604 202* Favorite Foods - Intermediate. One food or dish featuring Grains, Vegetable, Fruits, Milk, or Meat & Beans
511 604 203* Favorite Foods - Senior. One food or dish featuring Grains, Vegetable, Fruits, Milk, or Meat & Beans
*Not eligible for State Fair