July 9, 2014

Dear Food Contest Contestants:

All Food Contests will be held on Wednesday, August 6th and if needed, Thursday, August 7th. This year we are again scheduling the contest on-line. Attached to this email is the information you would usually receive in the mail. It is also available on our website or at our office. To register for your time preference got to \[http://doodle.com/5xb93tdge2avxmcu\] and enter your name and preferred time. **IF** you cannot participate on Wednesday, please contact me directly and we will work on scheduling you.

**Mini-Meal Contestants:**

Please click the choice for two hours since they are in one hour increments. For example, if you want to do your Mini-Meal from 11 AM-1PM click the 11 AM and the 12 PM time slots. Please let me know if you have questions.

Attached are a sample Mini-Meal score sheet, Mini-Meal Contest Judge’s Information form, and the portion of the Fairbook explaining the requirements, 4-H Food /Nutrition Contest Score Sheet and the "4-H Cooking Contest Hints" by Betty Dietz, a 4-H judge. Your judge will be looking for the use of these methods when she is judging the contest. **NOTE:** The only equipment provided will be the stove, refrigerator, microwave and card table. You will need to bring your own utensils and a poster of your recipe. Remember, it is important to be neatly dressed.

Plan to arrive 15 minutes early! Please fill out one "Judge's Information Form" for each contest that you are entering. There is a separate sheet for each recipe you will be preparing. You will give this form to the judge before you begin your contests. You will need to bring your own recipe with you to use while cooking. All paperwork needs to be completed prior to your scheduled time. Your paper work is part of your total score and needs to be given to the judge before you enter the kitchen. **Don't forget your poster and place setting for serving--double check the Fairbook!**

After the judge tastes a small sample of your food, clean up your kitchen and then serve the remainder of your food to the public from a table outside the kitchen.

The results of the Mini-Meal Contest will be posted in the Exhibit Building by Thursday. If you have been chosen to go to State Fair, it will be necessary for you to register at the 4-H Fair Office in the Exhibit Building by Saturday, August 9th. Ribbons will be given out at the 4-H Fair Office after the results are posted. Special Awards will be presented at the 4-H Recognition Festival to be held October 18th.

**Food Preparation Contestants:**

Attached is a sample Food Preparation Score Sheet, the portion of the Fairbook explaining contest requirements, Judge’s information sheet. Also enclosed is "4-H Cooking Contest Hints" by Betty Dietz, a 4-H judge. Your judge will be looking for the use of these methods when she is judging the contest. Please plan to arrive 15 minutes before your scheduled time. **NOTE:** The...
only equipment provided will be the stove, refrigerator, microwave and card table. You will need to bring your own utensils and a poster of your recipe. Remember, it is important to be neatly dressed. Check the Fairbook for contest details (requirements, size of poster, presentation of food to judge, etc.).

The time limit for the Foods of the Pacific Northwest Food Preparation Contest will be 1-hour. Members are expected to set-up, prepare their food, clean up as possible, and be ready to talk to the judge in one hour. Baking time is not extra.

The 1 hour time limit does present limits on the foods that can be prepared. Food possibilities include stir fry, vegetables, pasta with quick sauce, fish, salads, sandwiches, fruit dishes, pancakes, waffles, crepes, soups, and some grains. Avoid foods that marinate, need to be refrigerate or freeze to become firm, need long cooking times, need special equipment or are just so involved that they don’t fit this time limit.

IMPORTANT: Don't forget your poster and place setting! Double check the Fairbook! Please fill out one "Judge's Information Form" for each contest that you are entering. You will give this form to the judge before you begin your contest, so you will need to bring your own recipe with you to use while you're cooking. All paperwork needs to be completed prior to your scheduled time. Your paperwork is part of your total score, and it needs to be given to the judge before you enter the kitchen.

After the judge tastes a small sample of your food, clean up your kitchen and then serve the remainder of your food to the public from a table outside the kitchen.

The Food Preparation results will be posted in the Exhibit Building by Thursday. Ribbons will be given out in the 4-H Fair Office after the results are posted. Special Awards will be presented at the 4-H Recognition Festival to be held October 18th. If you have been chosen to go to State Fair, it will be necessary for you to register at the 4-H Fair Office in the Exhibit Building by Saturday, August 9th.

If you have any questions, give the 4-H Office a call.

Sincerely,

Teresa Middleton, 4-H Agent