

January 14, 2019

TO: **Food Leaders and Members**
FROM: **Cheri Biskeborn, Food Superintendent & Kylah Reynolds, 4-H Education Assistant**

I hope you are thinking about participating in the 2018 4-H Food Contest! All enrolled 4-H members are eligible to enter. It is a fun and engaging opportunity to broaden your cooking and baking skills by preparing a meal or an item of food during the contest and presenting it to a judge with your own unique tablesetting and menu!

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

DATE/TIMES: Saturday and Sunday, March 16-17 *8:00 a.m. - 4:00 p.m.

**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 8, 2018**. 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 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 contest divisions 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**
4. **Poster Contest**

JUDGING CONTEST: The 2019 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 visualize how your food entries should look. The judging contest will consist of two questions and the judging food items and identifying kitchen items.

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 division; 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.

AWARD CEREMONY: The award ceremony will be held on Monday, March 18, 2019 at 6:30 pm at the Extension Office.

CLOVERBUDS: This year we are opening up the contest to 4-H Cloverbuds (ages 5-8) to participate in the 1-hour Food Preparation, where they may make a simple snack; either fruit or vegetable dish, sandwich, snack or dessert. They may not use the oven or stove, but they can use the microwave. Just like the older contests, they need to supply everything to complete their dish. No poster or menu required. A recipe for the judge would be helpful. This is not a contest, this is an opportunity to learn.

If you have any questions, please email Kylah at kylah.reynolds@oregonstate.edu or Cheri Biskeborn at biskeblvd@msn.com!

FOODS CONTEST GUIDELINES
FOODS OF THE PACIFIC NORTHWEST
Food Preparation Contest

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 class 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. |

Resources for studying

4-H Foods project materials can be found at:

<https://extension.oregonstate.edu/4h/family-consumer-sciences>

Other background on nutrition, nutrition facts labels, and healthy eating can be found on the following websites. This is great information for the creation of your poster, speaking to the judge or gaining background information on your meal:

<http://www.choosemyplate.gov/>

<http://www.fda.gov/Food/IngredientsPackagingLabeling/LabelingNutrition/ucm274593.htm>

<http://www.foodsafety.gov/>

FOOD PREPARATION CONTEST TIPS: Recipe Selection Ideas

1. Decide whether you want to compete in the Foods of the Pacific Northwest contest (one-hour) or the Mini Meal contests (two-hour). You may choose to enter more than one contest.
2. You must adhere to the time limit for the contest you have entered. The clock starts when you enter the kitchen and ends when you leave the kitchen with dishes washed, counters and sink clean, ready to serve. Look for a recipe where the maximum baking time for a one-hour contest is 35-40 minutes (that only leaves 20-25 minutes preparation time). Consider cooling time if needed. Yeast breads are an exception as proofing time is not included for the one-hour contest.
3. Look over past Jackson County Foods Contest Recipe books to see what other contestants have entered. Follow the rules. The mini-meals contest only allows you to prepare two dishes.
4. Choose a recipe you and your family enjoys. You will eat it a lot during practices at home!
5. Consider the skills involved and choose a recipe that demonstrates the skills you have mastered or new skills you plan to add this year. Making a peanut butter and jelly sandwich may be too simple but do not choose a recipe far above your skill level for your first contest.
6. Reduce the recipe if necessary to reduce the preparation and baking time to keep you within the time limit. Remember that you only need to serve the judge. Halving the recipe and choosing smaller pans may reduce your cooking time enough to enable you to make that dish you love. However, consider whether you have the skills to get the batter into small pans neatly. Baking and serving from the same pan may be easier for small inexperienced hands.
7. Consider the judge's preferences. Most judges are older women. Chocolate covered peanut butter cups drizzled in hot fudge may not be their first choice.
8. Consider color and nutrition. Bright orange carrot dill soup, scones dotted with red cranberries.
9. Think about the specialty awards for cooking with dairy, lamb, beef, or fish.
10. Consider using produce grown in Oregon. Pears from the Rogue Valley, or cranberries or hazelnuts.
11. Think about a theme. Perhaps; An Evening in Paris, Cowboy Christmas Breakfast, a Mother's Day Brunch. Consider coordinating your recipe, apron, poster and table setting to match your theme. If you enjoy sewing, sew your own apron or placemat and napkin and enter them later in the clothing and textiles contest at County Fair. Use your place setting to enter in the Table Setting Contest at County Fair in July.
12. As a rule, you are not allowed to use mixes or pre-measured or pre-chopped foods. The judge wants to evaluate your skills. As our groceries offer more and more pre-chopped foods you might get away with bending this rule if you have shown chopping skills in other areas but different judges may feel differently about this subject.
13. Think about your "presentation". Could you bake a quick bread in a bundt or fluted pan instead of a regular loaf pan? Do you have time to add a garnish to make your plate look prettier?

FOOD PREPARATION CONTEST TIPS: Paperwork

Judges Information Form

You may choose to retype the form but handwritten forms are fine. The completed form is handed to the judge before you begin. The forms include a recipe with directions and an itemized cost of ingredients, a proposed menu, a simple task list and an entire days' worth of menus as well as the cost per person for the entire meal if you are a senior. Keep a file of ingredient costs to help you calculate your recipe costs from year to year. Budgets are teaching tools; competitors are not evaluated on their budgeting skills.

Packing List

Prepare your recipe enough times to feel fairly comfortable with it. Make a list of the ingredients and equipment necessary to prepare your dish(s), clean up, and serve. It may be helpful to highlight ingredients that require refrigeration and thus must be packed at the last minute. Try using your packing list several times before the contest to determine what items are missing from your list so you may add them in before packing the final time for the contest.

Task List

1. This may be as detailed as you want for your own personal use. Give a simplified copy to the judge.
2. Include any steps you commonly forget. Use a highlighter or a different colored font if that helps you remember the steps in your recipe.
3. Decide on an order that works for you, i.e. set the table before you start cooking since your food must be served straight from the oven.
4. Place your task list and/or recipe in a document protector to protect it while you work.

Recipe Poster

This is a large poster of your recipe. The poster is also automatically entered in a contest for creativity and could win a separate award. If you are an intermediate or senior and are selected to compete in the foods preparation contest at State Fair, you will need to bring this poster to display in the kitchen area when you are cooking. Use 22 x 28-inch or 22 x 30-inch poster board. The best buy locally for poster board is Dollar Tree. Use two or more posters if needed for a meals contest. Hand-lettering your recipe is perfectly acceptable and a great skill to master. Most, however, type the recipe on 8 ½ x 11 typing paper in the largest font with the smallest margins that will fit on the paper. You can glue or tape this on the poster board. Some opt to take this sheet to Kinko's where they will help you enlarge it to 22 x 28 inches for a cost under \$2. Laminating is optional. If you think you will use this poster repeatedly, it may protect your poster from damage during transportation and display but it does significantly add to the expense.

Menu

Create a menu for an entire meal for which your dish (s) would be a part. Consider nutrition and select a range of items from all food groups. Consider color, texture, taste as well as your theme. Display your menu at your table setting. You may choose to place your menu in a small picture frame. Dollar Tree is a good place to locate an inexpensive frame and you may type your menu in a fancy font or your best printing and decorate it any way you wish. Be creative, picture frames may not be for you and you have an even better idea. Especially as an Intermediate or Senior, the judge may ask if you have prepared each item in your proposed menu. It is a good idea to have done so at least once! Pack this display menu in your table setting box and place it on your table for the judge's use during your interview.

Table Setting Diagram

Make a diagram of your place setting, centerpiece, menu, etc. and place it in your table setting box.

FOOD PREPARATION CONTEST TIPS: Tips for Success

Pre-Contest Checklist

Before the contest, have I:

- Carefully read over the requirements for this year's contest.
- Complete the Judge's Information Form on both sides.
- Plan a menu as required on the back of the Judge's Information Form
- Made a copy of my recipe to give to the judge before I begin cooking
- Make a large Recipe Poster easily read at the back of a room
- Decide how I will keep my hair pulled back if necessary
- Create a simple task list and have a copy to give to the judge
- Create a packing list, practiced working from it and packed my own box
- Practice my table setting and made sure it is correct.
- Include an apron and a camera to take a picture for my Record Book
- Study the nutrition facts about what I have prepared
- Carefully review the study materials for the Foods Judging Contest

Foods Preparation Contest Day

1. Arrive early after a good night's sleep. Observe the other contestants.
2. Check in with the clerk. She and the judge are there to help you. Ask questions if you need help turning on or off the oven, working the microwave, etc.
3. Be well groomed, dress nicely, have your hair pulled back, and wear an apron.
4. Do not ask your mom for help. It is best not to speak with your parents during the contest.
5. Do not go back into the kitchen to wash your serving or baking dishes. Either take them home to wash or wash them in the back kitchen where the judging contest is held.
6. If something goes really wrong, admit it and ask for help. If you have brought enough supplies you may be allowed to start over.
7. Never place your supplies boxes on the counter. Move them out of your work area before you begin.

Top Foods Contest Tips

1. Wash your hands before you begin cooking. Wash them again if you handle eggs or raw meat.
2. Fill your sink with hot, soapy water as you are washing your hands and setting up your space.
3. Wash and dry the counter before using it. Prepare a spray bottle with water and one tablespoon bleach as a disinfectant. Create a dishwashing tote.
4. Measure over waxed paper.
5. Practice your table setting and make sure it is done correctly. Make a diagram if necessary.
6. Double check your packing lists. Pack your own supplies – mom can help but she should not do it for you. Include a small trash bag taped to your tray and practice using it.
7. Leave your kitchen spotless. Dry out your sink. Check that all appliances are turned off.
8. Ask questions during the contest if you need help.
9. Consider equipment safety: Never insert beaters into a mixer while it is plugged in. Unplug the mixer before you remove the beaters. Learn to use knives properly if needed.
10. Wash your hands after cracking an egg. Crack your eggs by holding the egg in one hand and tapping it with a knife over a separate small bowl. Wash the outside of fruits or vegetables before peeling.
11. Wash your hands, counters, cutting board after working with raw meat. Think about where you place knives or other equipment that came in contact with raw meat.
12. Stay within the time limit!
13. Try to practice at least once in someone else's kitchen. Pack your boxes and pretend you are competing in the contest. This is a great way to bless a friend with a meal and your family is probably quite glad to share at this point. Practice serving so you feel comfortable.

FOOD PREPARATION CONTEST TIPS: Packing & Organizing Supplies

Packing Your Supplies

Plastic storage boxes or laundry baskets make good supply boxes. Use lids or cover them with bath towels to keep the contents clean. Pack a cooler with items that need to be kept cold. Pack your dish soap, wash clothes, dishtowels and a disinfectant spray in a tote. Include the judge's information sheet and recipe as well as your apron in this tote. Use jellyroll pans (cookie sheets with sides) to put all your supplies in and remove the trays in one motion when you are unloading. **Practice cooking several times using only your packing box to make sure your packing list is complete.** If you transfer your ingredients from their original containers, label the contents carefully. Consider using wide-mouthed containers to make measuring easier. Make sure you label your containers very carefully. (A mix-up between salt and sugar is disastrous).

Consider using several jelly roll pans (cookie sheets with sides) to hold your supplies. One tray to hold all your ingredients, one tray to hold your measuring cups, measuring spoons, bowls, and other utensils. You may choose to use a third tray if you are cooking near the stove. Basically, think about setting up as though you were setting up "stations". Pack your boxes so you can lift entire trays and place them on the counter if possible to save time instead of removing ingredients one-by-one.

Tape a paper bag to one of the trays to use as a trash bag. Use good judgment; you may need a larger trash bag if you are preparing a lot of fruits and vegetables. Tear off enough wax paper in varying sizes to measure ingredients over. Line your trays with wax paper if you tend to spill so clean up is easier. Place wax paper next to your mixer or the stove to put dirty mixing spoons on.

Pack a separate box for your table setting, centerpiece, and serving supplies. **Include a diagram showing where you should place everything if you think you might forget.** Leave this box out in the table setting area until it is time to set your table. **Pack your boxes yourself!** An adult could help by reading your list, but do your own work so you will have the personal satisfaction of knowing you did it yourself.

Organizing Your Kitchen

1. To save time and help you remember, put your apron on before you enter the kitchen.
2. Ask the clerk to show you how to operate the oven, stove, or microwave before you begin.
3. Set your cleaning tote by the sink. This tote will hold your dish soap, dishcloths, dishtowels, disinfectant spray, and possibly your apron and recipe/cost analysis/task list for the judge.
4. Run a sink full of hot soapy water, wash your hands, and clean your counters before you begin unpacking.
5. Never put your boxes on the counters. Once you have unloaded your supplies, move your box outside your kitchen space, but out of everyone's way.
6. Set up the two trays several feet apart with a space for you to work in the middle.
7. Try to clean up as you cook. Keep your work space as neat as possible.

FOOD PREPARATION CONTEST TIPS: The Oral Interview

Introduction

This interview gives the judge a chance to get to know you a little and to provide you with constructive suggestions for future contests. It is also a wonderful skill to master for college and job interviews later in life. The interview gives you the opportunity to shine. Be prepared - then be positive and smile.

The interview normally lasts less than ten minutes. You will sit beside the judge and she will be seated in front of your table setting and taste your dish(s). The judge may have asked brief questions during your preparation time, but this is your best opportunity to demonstrate what you know.

Commonly Asked Questions

- * Why did you choose this recipe?
- * Do you like to eat it?
- * How many times did you practice for this contest?
- * How did you select your theme?
- * Where does flour come from?
- * Which food groups does your recipe or menu represent?
- * Which ingredients come from the Pacific Northwest?
- * When or where would you serve this dish?
- * What nutrients does it provide?
- * What vitamins is this recipe (or this menu) especially high in?
- * How do those vitamins or nutrients help build strong bodies?
- * Did you modify this recipe in any way?
- * Do you have any questions you would like to ask me (the judge)?
- * In a yeast bread contest: What type of wheat did you use? How long does it take to “proof”?

Interview Tips

1. Remove your apron before you sit down at the table.
2. Be prepared to serve a small piece of your product if asked. Sometimes the judge serves herself but more often she may ask you to serve her. Practice serving until you feel comfortable doing so. Keep in mind that the judge is “eating” all day long and keep her portions small.
3. Practice answering the questions listed above. Have a parent or sibling think of other questions they might ask. Research nutritional information that will help you answer the judge’s questions. The better prepared you become; the more comfortable the interview will be for you. If the judge does not ask any nutritional questions, try to gracefully weave your knowledge into your conversation.

Caution for Parents

Parents are normally allowed to sit at the table to listen to the judge’s comments. It is very tempting to answer questions for your young person, particularly if you know she knows the answer and you want her to succeed. Resist this temptation! Your child needs to handle this experience on her own and the judge will not look kindly on your interference. If the suspense gets overwhelming – take a picture for her record book. This caution holds true for the entire contest. If your child starts mouthing words across the room, you may need to walk away and let her handle her challenge on her own. The clerk and the judge are both available to help a contestant if asked.

