**2019 Eastland County 4-H Food Challenge**

**Rules & Guidelines**

1. Entry deadline: Friday, October 25, 2019. There is no entry fee.
2. Entries must be submitted to the Eastland County Extension Office (102 N Lamar St Suite 307 Eastland, TX 76448; eastland-tx@ag.tamu.edu; fax – 254-629-6050).
3. Contestants must be a member of Eastland County 4-H between the ages of 8 and 18.
4. The top two teams from each age division will advance to the District 8 Food Challenge.
5. Contestants must keep the same team name and team members when advancing to the District 8 Food Challenge Contest.
6. Contestants may enter both the Food Challenge and Food Show.
7. Resources and instructions will be provided prior to the start of the contest.
8. No electronic devices or jewelry is allowed in the contest. This includes cell phones, smart watches and/or other communication devices.
9. Each team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe or instructions will be provided).
10. Teams will have access to a “pantry” of additional ingredient which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest.
11. Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry items will be “purchased” using a pricing system and “contest currency”. This will enable teams to analyze the cost of their entire dish and individual serving.
12. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams.
13. Each team will have 40 minutes to prepare the dish, plan a presentation and clean up the preparation area.
14. Each team will create an entire dish/recipe using the provided key ingredient and pantry items. Each dish/recipe created should include two or more servings.
15. Teams will present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be.
16. Teams may not create a side dish or multiple dishes with their ingredient/pantry items.
17. Note cards may be used to write down the recipe that the team creates, along with notes related to nutrition, food safety and cost analysis. Teams should be exact on ingredients used, preparation steps, cooking time, temperature, etc.
18. A safe and sanitary working environment must be maintained during the contest.
19. Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest. If participants wear gloves, they must be changed between handling raw meats/seafood, cooked items, ready to eat items, raw vegetables, etc. to prevent cross contamination. If participants do not wear gloves, hand sanitizer should be used at these same instances to prevent cross contamination.
20. Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition.
21. Following the preparation phase, each team will give a 5-minute presentation to a panel of judges. All team members must participate in the presentation.
22. Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.
23. Presentations should address the following areas: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, Serving Size and Cost Analysis.
24. At the end of 5 minutes, time will be called – additional time will not be allowed.
25. Judges will be allowed 3 minutes to ask questions. Judges will not ask questions related to what teams should have covered during the presentation. Judges questions will be related to general nutrition, health, chronic disease prevention or other relevant to food and nutrition.
26. All other rules and Supply Box items will be determined in accordance with the current year’s Texas 4-H Food Challenge Rules of Play.