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

**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](mailto: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 contestant from each age division and category will advance to the District 8 Food Show.
5. Contestants must keep the same recipe and recipe name when advancing to the District 8 Food Challenge Contest.
6. Contestants may enter both the Food Challenge and Food Show.
7. Each contestant will select one category to enter:
   1. Main Dish:
      1. Food classified as a main dish usually contains a meat or meat alternate such as cheese, eggs, dry beans or peas and peanut butter. They also may contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, souffles, omelets, soups and chowders.
   2. Fruits & Vegetables:
      1. Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or a vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit and combination vegetable dishes.
   3. Breads & Cereals:
      1. The foods in this category should contain foods made from wheat, oats, rice rye, barley, millet, quinoa and/or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.
   4. Nutritious snacks:
      1. For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples of nutritious snacks include: red pepper hummus, oven roasted chickpeas or oatmeal energy balls.
8. Recipes should be written in the standard recipe format using the Recipe Submission Checklist.
9. No alcohol or ingredients containing alcohol may be used.
10. Each contestant will have a maximum 5-minute presentation to introduce themselves and their dish. Presentations should describe their inspiration for choosing their recipe, how the recipe relates to the current food show theme and the following areas: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation and Food Safety Concerns.
11. Judges will have the opportunity for a 4-minute interview, asking questions including but not limited to, basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, other areas of health and project experiences.
12. At the end of the presentation and interview, contestants will have 1 minute to serve the judges a portion of their dish. Contestants should practice proper food handling techniques when presenting food to the judges. Contestants will serve one serving to the entire judging panel, not a serving to each individual judge. Judges will visually evaluate the dish prepared; judges will not taste the food.
13. The dish should be presented in a serving dish with a serving utensil provided by the contestant. In addition, a napkin to lay the serving utensil on is allowed.
14. Paper goods for serving the judges will be provided.
15. Placemats, linens, centerpieces, candles, etc. are not to be included with the dish as it is presented. Only edible garnishes are allowed during presentation.
16. All other rules and yearly Food Show Theme will be determined in accordance with the current year’s Texas 4-H Food Show Rules & Guidelines.

**RECIPE SUBMISSION CHECKLIST**

|  |  |  |
| --- | --- | --- |
| **DOES YOUR RECIPE HAVE ALL OF THESE PARTS?** | **YES** | **NO** |
| Name of recipe |  |  |
| Complete list of ingredients |  |  |
| Size of cans, number of packages, cans, etc. |  |  |
| Description for combining all ingredients |  |  |
| **LIST OF INGREDIENTS** |  |  |
| Ingredients are listed in order in which they are used in directions |  |  |
| Ingredients listed as they are measured  Ex: ¼ cup chopped onion; not ¼ cup onion, chopped  Ex: 1 green pepper, chopped; not 1 chopped green pepper |  |  |
| Measurements given in common fractions |  |  |
| All measurements are spelled out, not abbreviated |  |  |
| No brand names are used |  |  |
| Complete description of ingredients is included |  |  |
| **DIRECTIONS** |  |  |
| Clear instructions used for every step of combining and cooking the ingredients |  |  |
| Short, clear sentences used |  |  |
| Correct wording used to describe combining and cooking process |  |  |
| Size and type of pan stated |  |  |
| Oven temperature and cooking times given |  |  |
| Number of servings or how much the recipe would make included |  |  |

**RECIPE SUBMISSION PAPERWORK**

CONTESTANT NAME: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

CATEGORY (circle one): BREADS & CEREALS FRUITS & VEGETABLES

MAIN DISH NUTRITIOUS SNACK

COUNTY: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CLUB: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

Name of Recipe: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Prep Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Cook Time:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

*Recipe:*