



Strafford County 4-H Favorite Foods Festival: Incognito Ingredients!

Saturday, February 03, 2018 12:00pm. - 3:00 p.m.

Set up at 11:15 a.m./Registration begins at 11:30 a.m.

Location: Lee Congregational Church, 17 Mast Rd. Lee, NH

The purpose of this event is to have 4-H members use their creativity and love of food to plan and prepare food dishes. By participating in this event, members will demonstrate the ability to prepare their food, share their knowledge of basic nutrition and food preparation skills and display their food items attractively. Youth members who are not interested in preparing a dish have the opportunity to present a poster that focuses on food, nutrition, or safe food preparation. They can also put their creative skills to work to display a creative place setting, complete with fictional menu that will be presented to judges on the day of the event.

All food must arrive prepared, cooked and ready to be served. Remember to practice good food safety and keep hot foods hot and cold foods cold!

Registration is open on www.4honline.com January 1-22nd
YOU MUST BE AN ENROLLED 4-H MEMBER TO PARTICIPATE

Food Projects: Every participant may have ONE food entry. Entries will be judged by two individuals on preparation and presentation of food, food safety and handling, and exhibitor communication skills. People's Choice awards will be given for the following age categories: (8-9), (10-11) and (12+). Clover Bud (5-7) will all receive participation ribbons.

Place Setting Display: Every participant may have ONE informal place setting display. Entries will be judged by one individual on theme, cleanliness, organization and creativity of color, design, texture, shape and menu. Top scoring place setting will be recognized.

Food/Nutrition Poster: Every participant may have ONE poster entry. Entries will be judged by one adult volunteer using the NH 4-H State and County Poster Contest Rules, attached at end of document. Please use this feedback to enhance your poster to enter into County Activities Day.

Food Projects: Prepare a dish of your "favorite food" that you will present to the judges for critique. You are asked to make enough that friends and family will have a chance to taste the delicious delicacy that you have made, making you a contender for the People's Choice Award. You will be asked a series of questions by the judges pertaining to your dish, so be familiar with your ingredients, the process you used to make your dish, and where it falls in terms of a Whoa, Slow or Go food. **The 2018 Favorite Foods Festival has a theme: Incognito Ingredients! All chefs are challenged to switch a healthy food alternative for one of their not so healthy ingredients, and to add an ingredient that was not in the original recipe that is "incognito". The judges will have to guess what the ingredient is as they taste the dish!**

Whoa Foods: These foods should make you say exactly that — Whoa! Should I eat that? Whoa foods are

the least healthy and the most likely to cause weight problems, especially if a person eats them all the time. That's why Whoa foods are once-in-a-while foods.

Slow Foods: These are sometimes foods. They aren't off-limits, but they shouldn't be eaten every day. At most, eat them several times a week.

Go Foods: These are foods that are good to eat almost anytime. They are the healthiest ones.

The National Institute for Health has a great and kid-friendly chart for determining “go,” “slow,” and “whoa” foods: www.nhlbi.nih.gov/health/public/heart/obesity/wecan/downloads/urwhateat.pdf

Place Settings: Based on a menu you plan, decide on a theme then select and organize a place setting for one person for serving that menu. You must include your menu, a placemat or tablecloth, napkin, utensils, dishes, glassware or cups, a simple centerpiece and any other components you deem appropriate for your menu and theme. This can be an individual or team effort.

Healthy Living Posters: Create a poster discussing any aspect of healthy living, including skills in food preparation, nutrition, exercise or emotional health. Follow guidelines for the NH 4-H poster contest. Remember that these should be submitted for County Activities Day on April 7, 2018.

WHAT DO I NEED?

- Your Favorite Food Dish, Place Setting, or Poster
- Recipe Cards information. Please use 8 ½ x 11 paper, with a hard backing (such as cardstock). **USE ATTACHED TEMPLATE.**
- Index cards with your recipe and how to prepare it in case another member wants one for home (5)
- Whatever items you need to appropriately serve your dish: bowls, napkins, plates, utensils etc.
- Remember that participants should dress neatly and appropriately; wear an apron. Bring a clean pot holder (if needed); and wear long hair tied back in a hair wrap or wear chef's hat/cap.
- If your food is a hot dish, please think about using crock pot, warming tray, electric skillet, etc. to keep your hot food hot. Bring an extension cord to reach the outlets.

WHAT CAN I EXPECT?

4-H'ers should display their food and set out the recipe card information sheet next to their food. Tasters will come around to each participant and provide verbal feedback, as well as a brief comment card. Parents are asked not to participate in this conversation.

Youth will rotate between serving their food item and participating in a hands-on food demonstration workshop facilitated by Nutrition Connections Educator Sara Oberle. Parents and leaders are invited to sip coffee and peruse Healthy Living curriculum in our workshop space.

Food Safety: We have limited kitchen access to use sinks, so everyone is asked to plan ahead regarding refrigeration and heating or reheating of your food item as related to taste and food safety. Please keep hot foods hot and cold foods cold.

Venue: The event will be held at the Lee Congregational Church. Parking is free and open to all.

Registration is available on 4hOnline to enrolled members from January 1-22nd.

NH 4-H State and County Poster Contest Rules & Entry Form

1. Rules

- Posters must be made on standard poster board measuring 14" x 22". They may be horizontal or vertical.

Posters on non-standard size board will not be accepted.

- Posters may be produced by any medium including: watercolor, ink, crayon, acrylic, charcoal, and/or oils. Word processed lettering and computer generated graphics are acceptable.

- Posters may

be three-dimensional, however must be no more than 1/4" high (must be able to lay flat in a pile).

- Poster should be able to be read from 10' to 15' away.

- Poster should convey one clear message (not a collage)

- Other than the 4-H Clover, posters may not incorporate copyrighted materials like "Garfield" or "Snoopy" cartoon characters or trademarked materials such as depictions of items with names like "Elmer's Glue" or "Campbell's Soup"

○ **If the 4-H Clover is used**, it may not be distorted and no images may be superimposed over it.

○ The statement "18 USC 707" must legibly appear at the right of the base.

○ Any use of the official 4-H Clover (any clover with "H's" on the leaves) must be used in accordance with the rules governing the emblem. Official 4-H graphics and regulations may be found at: http://www.national4hheadquarters.gov/emblem/4h_emblems.htm

Members can enter posters in the following categories:

- 4-H Citizenship
- 4-H Healthy Living
- 4-H Promotion
- 4-H Science

2. **Posters from previous years cannot be re-submitted** - Each entry should be identified by name, age, address, county, and a brief explanation of which theme the poster represents.

3. **Entries are limited to ONE per member**

2018 4-H Poster Exhibit

4-Her Name: _____ Age Jan. 1st: _____
Mailing Address: _____ County: _____
City: _____ State: _____ Zip: _____ Club Name: _____
Number of years in contest previously (DO NOT COUNT THIS YEAR) : _____ years
Poster Theme Area: ____ 4-H Citizenship ____ 4-H Promotion ____ 4-H Healthy Living ____ 4-H Science
Brief Interpretive Statement of Art Work: _____

Check List of Criteria Met (to qualify, all items must be checked acknowledging compliance) :

- ____ No Copyright or Trademarked materials ____ 4-H Clover used according to regulations ____ Poster is standard 14" x 22"
____ Poster was created after May 31, 2017 ____ Poster contains one clear message (not a collage)
____ If poster is 3-D, it is no more than ¼ " high and can lay flat in a pile

Signature of 4-H Member: _____

ATTACH THIS TO BACK OF POSTER

For more information on "how to", visit this website: <http://extension.unh.edu/Pubs/4HPubs/PostTFS.pdf>

Strafford County 4-H Favorite Foods Festival

Recipe Card Information Page

*****Remember to bring this completed form to the Favorite Foods Festival*****

Name _____ Age _____ Town _____

Favorite Food Prepared _____

1. **How healthy is the dish/food you prepared?** (Circle one):

Green: GO

(Eat often and much)

Yellow: SLOW

(Eat in moderation)

Red: WHOA

(A treat to be enjoyed sometimes)

2. **Fill in the Table.** It will help you get ready for the judge's questions.

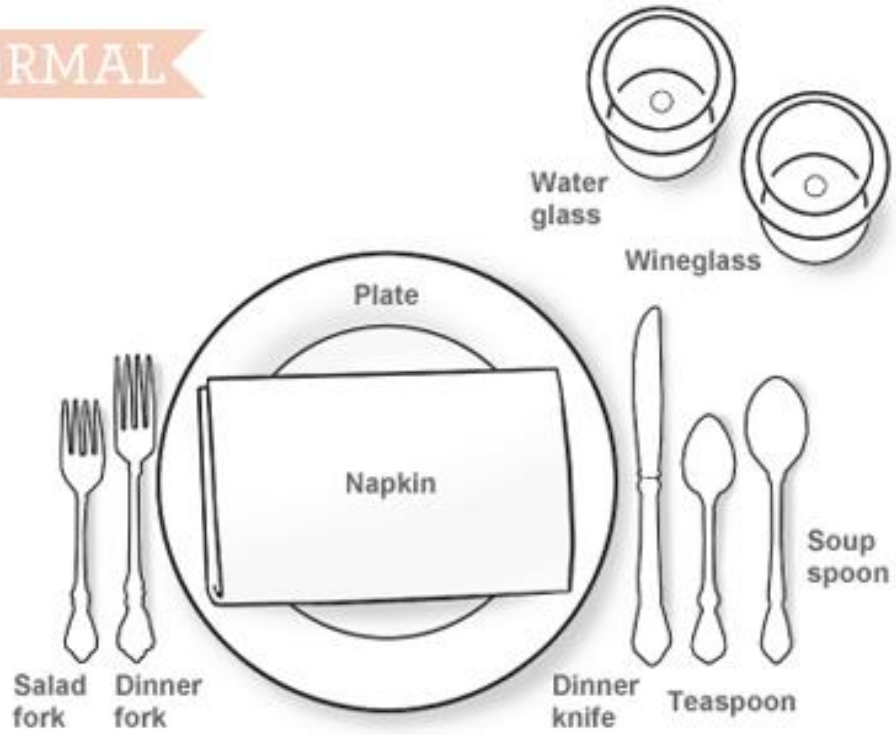
Ingredients (list individually)	"My Plate" Food Group? (Grain, Vegetable, Fruit, Oil/Fat, Milk/Dairy or Protein: Meat/Beans/Eggs	Where did it come from? Did you grow it, get it from a farmer's market, the super market?

3. Please **CIRCLE** any potential allergens in your dish

- Peanuts Wheat/Gluten Eggs Tree Nuts
 Dairy Fish Shellfish Soy



INFORMAL



Utensils are placed one inch from the edge of the table.