4-H Grilled Cheese Challenge Guidelines/Best Practices Checklist

- A team includes two to three members.
- An adult supervisor per team should be present for safety precautions ONLY!

Each team must supply the following mandatory items:

- Griddle, hot plate, electric frying pan or skillet. NO appliance can be used that cooks two sides at once like a George Forman Grill, Panini Press, or a toaster oven.
- Utensils: spatulas, knives, others needed to prepare the sandwiches
- Aprons for all team members
- Hand sanitizer
- Table cloths
- Plates/Plating material for presentation
- Hair bands/elastic bands to keep hair up and away from face
- Clean caps - if team decides NOT to wear chef hats

Food Product: BE PREPARED!

- Supplies cannot be borrowed or added once the setup starts. This includes supplies from other teams, parents or spectators.
- Teams need to bring any and all supplies including ingredients to make 3 sandwiches.
- Cutting of garnishes may only be done at the competition and can be included as part of the plating process.
- No alcoholic beverages may be used in recipes.

FOOD SAFETY is a priority: Take Note!

- Any perishable items MUST be kept in a cooler with ice and be stored at safe temperatures (below 40 degrees F) Temperature will be checked at registration.
- All foodstuffs must be stored at least 6” off the ground.
- Label your bags/coolers with your name. Temperatures will be checked at registration.
- Health regulations require: All competitors must wear the chef hats or clean caps, clean aprons and gloves when handling foodstuffs.
  - Exception: During grilling on hot plate/griddles, participants do not wear gloves. This is considered a safety hazard where one might burn hands.
  - After food is removed from hot surface, participants should wear gloves or use clean utensils to handle food to be served.