The Grilled Cheese Challenge is coming to the 4-H Makers Expo!
This statewide team event is a chance to showcase healthy living skills; have fun in a competitive learning environment and meet other youth who love to create and build.
Join us for this exciting 4-H foods event!

**Event details:**
- **Open to all 4-H members ages 8-18.**
- **New this year: A team** includes two to three members.
- **An adult supervisor** per team should be for safety precautions ONLY!
- **One category - Bread, Butter & Cheese: Healthy Please!**
- **PEOPLE’S CHOICE AWARD** for Taste.
- **Updated scoresheet** promoting learning experience!

For ALL rules and event guidelines please see the attached document (4-H Grilled Cheese Challenge: Event Guidelines & Checklist).

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4-H Grilled Cheese Challenge
Event Guidelines & Checklist

A Grilled Cheese Challenge can be a fantastic way to promote teamwork among 4-H participants and provide a fun, interactive learning experience in the area of Healthy Living. This event may be offered as a local event at different county activities such as fairs or foods events. Starting in 2018 – 19, 4-H youth may choose to participate as a team at the 4-H Makers Expo. This statewide event is a chance to show case healthy living skills; have fun in a competitive learning environment and meet other youth who love to create and build. These rules and event guidelines offer a template for any group to hold a Grilled Cheese Challenge.

**Getting Started Event Planning Checklist:**

**Space**

- The Challenge could be held in a **cafeteria, gymnasium, or classroom**, access to a kitchen is nice.
- The space needs to have access to multiple **15 amp circuits**.
- Multiple **extension cords** and/or **power strips** depending on how many grills, griddles.

**Set Up/ Registration** (Pre-registration for the Makers’ Expo Challenge is required!)

- **Table and chairs** set up for someone to check in teams as they arrive.
- **Registration chart** to collect team names and information. (Use Pre-registration information if available.)
- **Tables for Competitors**, outlet accessible.
- **Tables for storing** coolers or place to store – at least 6” off ground

**Cooler Check In**

- **Volunteer** - who can check supply box and cooler to ensure food safety practices and adherence to contest guidelines.
- **Stickers** - are helpful to mark the checked teams boxes and coolers
- **Thermometer** - to check the temperature of the cooler. (40 degrees or below)

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University of New Hampshire, U.S. Department of Agriculture and N.H. counties cooperating.*
Volunteers

6-7 Volunteers are needed for the following roles. (Some roles can be combined)

- **Registration** – to check in and record all participants, first cooler check and set up score sheets with team/participant names.

- **Guidelines/Best Practices Checklist** – make sure all entries are following best practices.

- **Judges** – at least two for local/county events, the 4-H Makers Expo will have three judges.

- **Score Keeper/Timer** – to keep score to track the event cycles.

- **Designate an area** for adult supervisors during contest. The area should provide access to teams but allow for 4-H'ers to remain independent.

The 4-H Makers Expo Challenge – Equipment (to be provided by UNH Cooperative Extension/4-H)

- **Tables** for storing coolers – at least 6” off ground
- **Tables** for prepping & cooking
- **Score sheets**
- **Disposable gloves**
- **Sanitizing supplies** (hand washing stations) for clean-up in between cooking rounds
- **Chef Hats** for teams who decide to use them/please advise as part of registration

Team 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
- **Cutting Boards**
- **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.
4-H Makers’ Expo  
April 13, 2019  
9 am – 3 pm @ Interlakes High School, Meredith, NH  
https://extension.unh.edu/events/4-h-makers-expo

This event open to all 4-H members ages 8-18, as of January 1st of the current year.

1. Judging Process: Three judges will officiate
   - There will be one category:
     
     ➔ Create a sandwich with the basics:  Bread, butter and cheese (any selection from those categories) but plan to add a healthy, tasty twist.  
     **Think about adding ingredients which promote the 4th H: HEALTH.**  
     *For example, fruit, vegetables, whole grain, lean protein…what else can you think of?*

   - Judges can ask questions during preparation as well as during tasting.

   - Teams will be judged while they are preparing the food, including nutrition, food handling and food safety.

   - A third judge will float and will be watchful of all teams before, during and after the contest; making note of food safety and teamwork.

   - Teams will be responsible to provide recipes including any spices, garnishes to the judging team.

   - Plating is an important part of the process; this presentation is valued at 20 points and can be an opportunity to show creativity.

2. Judges’ Scoring and Danish System: This process serves to provide a learning environment to build skill development and offer feedback to grow.

   - The team will present a dish with **one of the three sandwiches created for the judges**

   - The team should be ready with an explanation of their dish
• The team should be prepared to answer any additional questions.

• The judging team will provide feedback using 4-H Healthy Living Grilled Cheese Challenge Scoresheet/Rubric with the following breakdown:
  
  • Cleanliness = 20 points
  • Understanding of MyPlate = 20 points
  • Food Handling / Safety = 20 points
  • Creativity/Plating = 10 points
  • Presentation by group to judges = 10 points
  • Teamwork = 10 points
  • Taste = comments only from judging team/Taste will be part of the PEOPLE’S CHOICE judging process.
  • Speaking & Voice = 5 points
  • Manner & Appearance = 5 points

  Blue:  90-100       Red:  80-89       White: 79 and below

3. Time Limits - All grilling will be done in separate 15-minute heats and each team will have 15 minutes to complete their grilling. No exceptions! Spatulas down means spatulas down. (Please note: Teams may want to consider pre-heating electric griddles at low temperature).

4. PEOPLE’S CHOICE: It’s all about the Taste!

  • The additional two sandwiches will be cut into smaller pieces to accommodate up to 25 “people’s choice” judges.

  • This will be determined by the audience and based on taste. Golden spatula(s) will be awarded to top People’s Choice. (Numbers to be determined.)

Resources for preparing:
The 4-H Foods Events: Recommended Links for Kitchen, Cooking Prep & Food Safety will provide teams with resources to prepare for this event.

Remember, this is a celebration of creativity, ideas, science, healthy living, food safety and nutrition. It is meant to allow youth to test skills in the kitchen and their ability as Chefs!