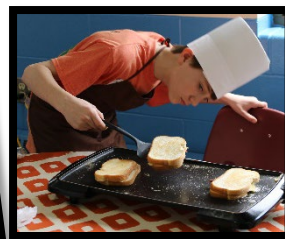




CONFIDENCE GROWS HERE



SATURDAY APRIL 25TH 2020

4-H Grilled Cheese Challenge

LEARN MORE OR SIGN UP

Event Time & Location

9:00 AM - 3:00 PM
Interlakes High School
Meredith, NH

Please use 4-H Online to register for this event.

Contact Heidi Barker
heidi.barker@unh.edu
(603)788-4961
with any questions

Open to all 4-H members ages 8-18.

Updated scoresheet promoting healthy learning experience!

New this year: Add a fruit or veggie to your recipe.

4-H
GROWS HERE



Extension

The **PEOPLE'S CHOICE TASTE AWARDS** with Golden Spatulas return.

Make the **Healthy Choice, the Easy Choice!**

Bring an adult supervisor for safety precautions **ONLY!**



4-H Makers' Expo

April 25, 2020

9 am – 3 pm @ Interlakes High School, Meredith, NH

<https://extension.unh.edu/events/4-h-makers-expo-0>

- ➔ **NOTE:** Teams will be notified of their heat times the week before the Makers Expo. They may arrive for Grilled Cheese 15 minutes prior to their scheduled heat.
- ➔ **This event open to all 4-H members ages 8-18, as of January 1st of the current year.**

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:

- ☐ **Add** either a **fruit or veggie** to your recipe (**NEW FOR 2020**)
- ☐ Prepare a **recipe handout** to share with judges (**NEW FOR 2020**)
- ☐ **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 provided by 4-H

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.

1. Equipment to be provided by UNH Extension/4-H at 4-H Makers GCC

- ☐ **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

2. Judging Process: Three judges will officiate.

- The Challenge focus will be: ***Make the Healthy Choice, the Easy Choice.***
 - ➔ Create a sandwich **adding at least one fruit or veggie of your choice**. Get creative use locally made cheeses, artisan bread, spices, seasonings or spreads. How else can you get creative with your grilled cheese recipe? *We only encourage that you **promote the 4th H** using fruits and vegetables in your recipe.*
 - ➔ Teams will be **responsible to provide recipes** including any spices, garnishes to the judging team.
- 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.

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

3. Judges' Scoring: 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.** (Cut in thirds)
- 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](#) with the following breakdown:
 - Cleanliness = 20 points
 - Make the Healthy Choice the Easy Choice (Fruit/Veggie) = 10 points
 - Understanding of MyPlate/Nutrition = 10 points
 - Food Handling / Safety = 20 points
 - Creativity/Plating = 10 points
 - Presentation by group to judges = 10 points
 - Teamwork = 10 points
 - Speaking & Voice = 5 points
 - Manner & Appearance = 5 points
 - TOTAL = 100 points**
- All team members will receive an incentive award following their heat.

4. 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).**

5. PEOPLE'S CHOICE: It's all about the Taste!

- The additional sandwiches will be cut into smaller pieces to accommodate up to 10 "people's choice" judges. This will be facilitated by the Co-Event Manager.
- This will be determined by the audience and based on taste. Golden spatula(s) will be awarded to top People's Choice for each heat.

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!

