



4-H Grilled Cheese Challenge Guidelines/Best Practices Checklist Current UNH COVID Guidelines 3/2021

- For current COVID guidelines: **Individuals** and **family members** (2-3 youth) may **register**.
- When we are in normal circumstances: **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 2021**)
- Prepare a **recipe handout** to share with judges (**NEW FOR 2021**)
- Utensils:** spatulas, knives, others needed to prepare the sandwiches
- Cutting boards**
- Aprons** for all team members
- Table cloth**
- 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

UNH Extension/4-H will supply the following items:

- Griddle**, hot plate, electric frying pan or skillet.
- Hand sanitizer** and **food gloves**

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 all team** 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.