

Updated January 26, 2017

To: 4-H Leaders and Lone Members

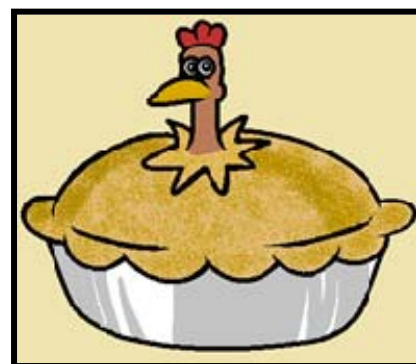
From: Emily McCabe Alger, 4-H Program Coordinator

Middlesex County 4-H Food Show

Saturday, February 18, 2017

Haddam Extension Center

1066 Saybrook Road, Haddam



JOIN US!

12:00 p.m.	Set Up
12:40 p.m.	Registration
1:00 p.m.	Judging
1:45 p.m.	Food Sampling
2:15 p.m.	Clean up

All 4-H members are welcome to participate. You can exhibit with your entire club, part of your club, or even as an individual. There are several ways to exhibit: food exhibit, special contest exhibit or poster exhibit. Please register **before February 10, 2017**, so we can plan for set up, judges and recognition.

FOOD EXHIBIT THEME : “A Piece of Pie”

Sweet or savory pie can make any meal memorable. This year’s challenge is to plan a meal that includes both a savory main dish pie and a dessert pie. The possibilities are endless. All crust must be homemade. Observe food safety practices and healthy food choices as you plan and prepare your exhibit. See resources below.

HOW TO EXHIBIT:

The 4-H’ers prepare a snack, part of a meal, or an entire meal depending on their age group. They prepare the food before arriving and exhibit it, as they would serve it to the number of exhibitors in their group. This year we will not allow heating of food on site. Please wrap your dishes tightly, the microwave is off limits.

- Seniors (13 – 19): As a group, prepare and display an entire meal or buffet. Include recipes for all foods prepared. Also, prepare a menu plan for the whole day (write on menu planner). Individual seniors may exhibit a part of a meal, but still must include a menu plan.
 - Intermediate (9-12): Prepare and exhibit part of a meal. Include recipes for all foods exhibited and a menu chart for the entire meal. What would you serve if you made a whole meal? Food actually exhibited could be part of a meal such as: bread, casserole, salad, vegetable etc... Intermediates can exhibit an entire meal as a group.
 - Beginner 7 & 8 year olds: Prepare and exhibit a nutritious snack. Include recipes and meal planner. Beginners can exhibit an entire meal as a group.
 - Explorer 5 & 6 year olds: Prepare and exhibit a nutritious snack. Include recipes and meal planner. Explorers can exhibit an entire meal as a group. Explorers are not being judged! They can display and be recognized for participation.



BE SURE TO BRING:

- ❖ MyPlate Form
- ❖ New Menu planning worksheet (one per exhibit)
- ❖ Completed 4-H food and nutrition record sheet (to be handed in by each member at registration available on 4-H website <http://www.4-h.uconn.edu>)
- ❖ Your food to exhibit – and extra for others to sample
- ❖ Table settings for the number of 4-H'ers exhibiting (we will have plates and flatware for the judges)
- ❖ Recipe Cards for each dish

4-H Food Show Options: In addition to the food exhibit 4-H'ers may also want to enter a poster or a special contest exhibit - Details follow:



Poster: A poster is two or three dimensional and teaches or informs in a written or pictorial manner. It should be on a standard poster board (22"x28") or equivalent heavy cardboard. Refer to scoring sheet to become familiar with judging criteria. Informational text can be printed or typed but must be in the exhibitor's own words. PLEASE NOTE: again this year all sources of information used must be cited

Poster Themes:

“Eating Clean” Healthy eating includes eating a variety of fruits and vegetables. Many contain some pesticide residue as well as bacteria. Create an informative poster that illustrates produce with the most and least residue and bacteria. Show how to properly clean produce for consumption.

“Baking Substitutes” Out of baking powder or sugar? No butter or eggs? No problem when you know how to make a substitution. These items and many other baking ingredients can be substituted using pantry staples. Create an informative poster illustrating baking substitutes.

SPECIAL CONTESTS: “One Bowl Apple Cake”



One Bowl Apple Cake

Ingredients:

2 eggs

1 ¾ cup sugar 2 teaspoons cinnamon

½ cup oil,

2 cups flour, 2 teaspoons baking powder

6 apples, peeled, cored and chopped

In mixing bowl blend eggs, sugar, cinnamon and oil. Add in flour and baking powder. Stir in apples.

Pour into greased 9x13 baking pan. Bake 350° for 55 minutes.

RECORD SHEETS: 4-H exhibitors must bring their new 4-H food and nutrition record sheets with their food entries. Request copies on your registration form or call 860-345-4511. The record sheets will be returned so that 4-H members can include them with their record books for the fair.

REGISTRATION: Please mail the enclosed registration sheet by February 10, 2017. Call if you have any questions. Let us know if you need extra copies of the enclosures.

PARENTS & LEADERS: You will be asked to enjoy coffee and conversation upstairs or on the extension center grounds while the 4-H'ers are being evaluated.



4-H Food Show Planning Committee:

Julie Keithan, Nancy Squier, Walter Squier and Kris Haswell

RESOURCES

MyPlate www.myplate.gov

Fight Bac! Keep Food Safe From Bacteria www.fightbac.org

2015–2020 Dietary Guidelines for Americans <http://health.gov/dietaryguidelines/2015/>