

Dear 4-H Cooking Project Member,

The District Wide Food Fair will be held **Saturday, April 27, 2019 at 2:00 pm** at the Rush Center Township Hall, Hwy 96 in Rush Center. **Pre-entries will need to be turned in by April 12, 2019,** along with the recipe of the item that you are making.

The Food Fair is your chance to showcase a food item that you cannot normally take to the county fair due to a variety of reasons such as it is perishable, it must be served hot/cold, and the like. Your desire to prepare your favorite food (snack, sandwich, bread, drink, salad, cake, casserole, pie, soup, or anything not mentioned here) is all that is required. Once you have your item, you will plan a table setting and a menu around that item. You will prepare and exhibit the one item from the menu that you have chosen.

Here are some things you need to consider:

Practice preparing the recipe until you are sure a good product will be made each time.

On the day of the Food Fair, exhibit your prepared dish along with the recipe and the menu you have chosen. The recipe and menu should be on an 8 ½ x 11" sheet of paper, poster board or something similar. You should also list what occasion your food will be served for; this will correspond with your theme that is evident throughout your display. Use your imagination on a centerpiece. Everything from paper plates to fine china may be used.

Arrive with your table setting supplies in a tote or box and place food where it needs to be for safety purposes. A stove and refrigerator are available to keep hot foods hot and cold foods cold until ready to be judged. Please take proper care of your product to make sure that it is served at the temperature that it should be.

***You will be given a designated time to set up your table*** which includes everything that will be part of your finished display: dishes, menu, recipe, centerpiece, etc. Stay with your exhibit and ***be ready to stand*** while giving a 2-3 minute public presentation in front of the judges and audience of why you chose the menu, your place setting, occasion of the meal, etc. (EXAMPLE: *My name is (insert name) and I have chosen to make smothered steak. This dish has become a family tradition at Christmas over the years. I have centered my table setting and decorations around the china that has been handed down from my Great Grandma Stein. My reindeer centerpiece is a decoration we pull out every year to decorate our house with. The reindeer silhouette is replicated in the napkin and placement I made to complete the table setting. Along with the smothered steak, my menu includes something from all the My Plate categories and is a balanced menu. According to my recipe analysis, smothered steak is high in calories but I chose to balance it with a healthy, low-starch vegetable and bread and a low-calorie dessert option.*

The judge will ask questions during the tasting. When the judge is at your table, place a sample of your food on a paper plate for the judge. The office will provide the paper plates and silverware for judging; you may choose to present your item to the judge on their own setting and that is fine but do not disturb your display. The judge will want to see your entire product so set it on the table also.

After you have been judged you may return your food to the oven or refrigerator. When the judging is completed, all in attendance will have the opportunity to sample the entries. Please make sure that you bring enough to give those present a sample of your product.

You will be judged on four different categories.

1. THE EXHIBITOR

Understands the preparation of the food  
Dressed appropriately for serving meal or snack

2. THE FOOD

Appearance  
Flavor  
Quality

3. WHAT TO SERVE WITH THE FOOD

Nutrition- My Plate values - Importance of Food Groups  
Suitable for food prepared  
Balance in color  
Balance in Texture

4. THE TABLE SETTING - ONE PLACE SETTING

Appropriate for food to be served  
Attractive - color scheme-dishes, food, table covering  
Appropriate centerpiece

You will need a recipe analysis. Participants are encouraged to get their recipes in early so the Office can get that information put together. This analysis will provide everything you would see on a box from the store yet it will be specific to your recipe per serving. Therefore, the only extra piece of information we will need is the number of servings the recipe makes. Providing we receive your recipe by the deadline, we will get your recipe back to you in plenty of time for you to make your menu and recipe posters. This is a requirement for your entry.

The Food Fair is a fun way to show off a food that you like that can't be exhibited at the County Fair. Please return the enclosed entry form to the office with the recipe you are making by **April 12, 2019**. Email Denise at [dappel@ksu.edu](mailto:dappel@ksu.edu) with registration and recipe or drop off at your convenience. For additional questions, please call the Extension Office at 785-222-2710.

See you at the Food Fair,

*Robyn R Deines*

District Extension Agent  
Walnut Creek Extension District  
4-H Youth Development

THE DISTRICT WIDE FOOD FAIR ENTRY FORM

**DUE April 12, 2019**

Name \_\_\_\_\_ Club \_\_\_\_\_

**Age as of Jan. 1** - Jr. Division (12 & under) \_\_\_\_\_  
Sr. Division (13 & over) \_\_\_\_\_

The product that I am preparing is \_\_\_\_\_

\_\_\_\_\_ I have enclosed my recipe

\_\_\_\_\_ I will provide my own card table – OR –

\_\_\_\_\_ I will need a table reserved for my exhibit

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