

## Special Opportunities at the Cooke County Food Show

There will be two special opportunities offered in 2018 in conjunction with the County 4-H Food Show to give 4-H'ers, other than the Food Show participants, a chance to be involved in County wide activities related to a Food and Nutrition project.

There will not be a limit on the number of participants allowed from each club. County Food Show participants may also take part in these special opportunities if they choose to do so. These are excellent opportunities for any 4-H'ers who do record books to have county level activities and activities for "Promote 4-H".

### **The opportunities are:**

**1. Exhibit** – Exhibits may be entered by an individual or group (such as a 4-H Food and Nutrition Group). Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. **Nothing can be attached to walls. An easel may used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be no access to electricity.** The exhibits may or may not be manned by the participants. All 4-H'ers setting up an exhibit will receive a certificate. 4-H'ers should set up their exhibit upon arrival. Exhibits should remain in place until after the awards program. Each exhibit should include a sign that lists the club name and names of the 4-H'ers who developed the exhibit. 4-H'ers with exhibits must attend the Food Show.

**2. News Writing**-A 4-H'er in any age division may write a news article promoting the Food and Nutrition Program, the Food Show, food safety, health, or any other subject matter area of the Food and Nutrition Project. These articles are due in the County Extension office by **Monday, January 16, 2018.** *The articles should contain the 4-H'ers name, club and age in the top right hand corner. They should be typed double space on standard 8 ½ x 11 inch white paper. All 4-H'ers will receive a certificate.*

**3. Table Setting**-A space of 30" x 30" will be allowed. Each display should include service for one: **Dinnerware** [plates, cups, saucers, and bowls]; **Glassware** [glasses of all shapes and sizes]; **Flatware** [forks, spoons, and knives]; **Napkins; Centerpiece; Placemats and/or tablecloth.** **TIPS for Setting a Table**-dinnerware and flatware should be chosen as appropriate for the occasion and that complement each other [think Picnic Perfect]; matching or blended colors or textures in the dishes or contrast something different make a table setting look attractive; table setting items should be appropriate for the meal served, i.e. snacks on paper plates; only the utensils needed for the meal are placed on the table; the centerpiece should be attractive and low enough so that people at the table can see over it, it should be colorful and blend with the tablecloth and the dishes, and be fresh and clean looking. Each table setting should include a sign with the 4-H member's name, each entry will receive a participation certificate and will be eligible for several special awards.