

ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW



TEXAS A&M  
AGRI LIFE  
EXTENSION

September 29, 2020

MEMO TO: County Extension Agents

FROM:

Seth Hall

Extension Program Specialist 4-H

SUBJECT: **2020 ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW**

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**DATE OF CONTEST:** November 7, 2020

**REGISTRATION:** October 5-24, 2020  
\$5 Registration Fee per Participant

**LATE REGISTRATION:** October 24-30, 2020  
\$25 Registration Late Fee in Addition to \$5 Registration Fee PER PARTICIPANT  
\*No additional registration will be accepted following October 30<sup>th</sup>.

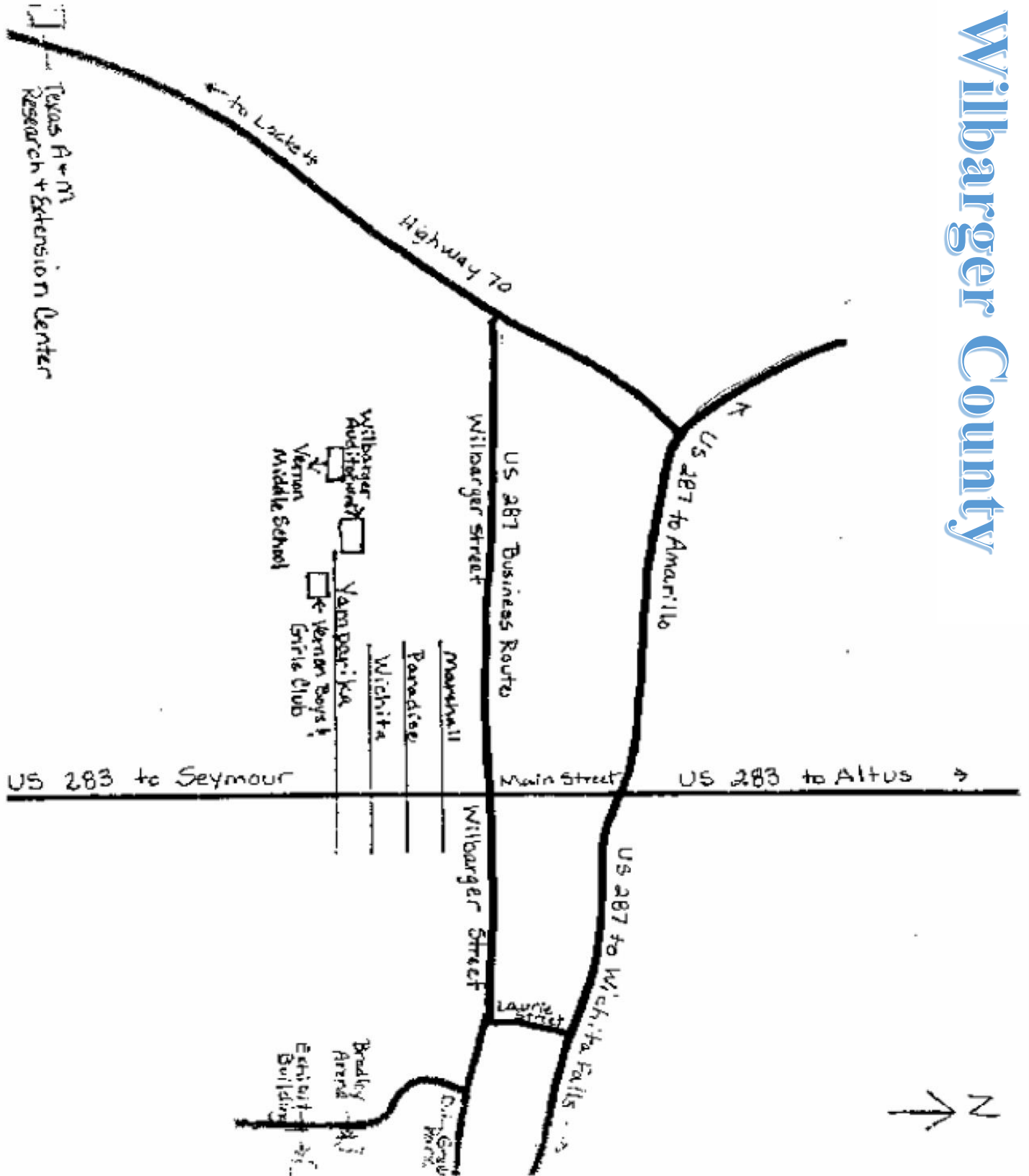
**LOCATION:** Wilbarger Auditorium  
(Virtual Option via Zoom)  
2100 Yamparika Street  
Vernon, TX



TEXAS A&M  
AGRI LIFE  
EXTENSION

ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW

# Wilbarger County





### **DISTRICT 3 4-H FOOD SHOW**

#### **SCHEDULE OF EVENTS**

**All judges, volunteers, extension personnel and participants will be required to wear face mask/covering while in Wilbarger Auditorium.**

9:00 a.m.	Agents working with groups report to assigned area.
9:00 a.m.	Judges Arrive; Judges Orientation
9:15am	Virtual Judging-Participant Interviews and Presentations <i>(If contestant chooses to participate virtually, this <b>must be</b> indicated during the registration process on 4-H connect)</i>
10:15am	In person judging-Participant Interview and Presentations: <i>(Judging time slots scheduled to help with social distancing)</i> Archer County-10:15am Baylor County-10:20am Childress County-10:25am Clay County-10:30am Cottle County-10:35am Dickens County-10:45am Foard County-10:50am Hardeman County-11:00am Haskell County-11:05am Jack County-11:10am Kent County-11:15am King County-11:20am Knox County-11:25am Montague County-11:30am Motley County-11:35am Palo Pinto County-11:40am Parker County-11:45am Stephens County-11:50am Stonewall County-11:55am Throckmorton County-12:00pm Wichita County-12:05pm Wilbarger County-12:10pm Wise County-12:15pm Young County-12:20pm

**BEEF JUDGING:** 4-Hers who are competing for the Beef Awards will be directed to the “Beef Judging” tables at appropriate time.

1:00 p.m.      [Awards Ceremony via Zoom](#)

\*Judges will complete all judging and rank the top five places.

## **DISTRICT 3 4-H FOOD SHOW**

### **RULES AND GUIDELINES**

The District 3 4-H Food Show will be held Saturday, **November 7<sup>th</sup>, 2020** at the Wilbarger Auditorium in Vernon and online via Zoom.

District 3 4-H will follow the Texas 4-H Food Show Guidelines, with some changes for the District 3 Food Show detailed below. The complete packet of State Food Show Guidelines can be found at the following link: <https://texas4-h.tamu.edu/projects/food-nutrition/>

2020 District 4-H Food Show information and forms will be posted to the District 3 4-H website: <http://d34-h.tamu.edu/>

**Food Show Theme:** GROCERY GAMES...Let your local food sources guide your healthy recipe selection with only \$10 to spend!

*Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a dish on a budget. This year's Food Show will be especially unique as 4-H'ers bring foods created from the supermarket, the small-town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?*

*Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.*

**Eligibility:** **Contestants must be enrolled and actively participating as a 4-H member.** The 4-H member must also be actively participating in a food and nutrition educational project.

**Age Divisions:** **Seniors** – 9<sup>th</sup>-12<sup>th</sup> grade for the 2020-2021 school year  
**Intermediates** – 6<sup>th</sup>-8<sup>th</sup> grade for the 2020-2021 school year  
**Juniors** – 3<sup>rd</sup>-5<sup>th</sup> grade for the 2020-2021 school year

**Categories:** *Appetizer* - Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.

*Main Dish* - The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.

*Side Dishes* – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

*Healthy Desserts* – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

**Rules and Guidelines:**

- (1) **Food Preparation.** Food must be prepared prior to District 3 4-H Food Show Contest. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories. No alcohol or ingredients containing alcohol may be used. There will be no preparation at the District 3 4-H Food Show. Please be aware that participants will not have access to electrical outlets, microwaves, ovens, refrigerators, freezers, sinks, etc. at the District 3 4-H Food Show.
- (2) **Recipe.** 4-H contestants must enter the same recipe that they entered at the County level and District level for seniors. However, the same recipe cannot be entered more than once to the Texas 4-H Food Show.
- (3) **Participation Form.** All 4-Hers **MUST** complete the District 4-H Participation Form and upload to 4-H Connect to enter the District Food Show.
- (4) **Serving Food Show Dish.** Participants will only ***display a single serving*** of their entry instead of the entire recipe. It should be displayed on an appropriate serving dish and may be garnished with an edible garnish. Total dish serving size MUST be included at the bottom of your written recipe. Food handler's gloves will be available from agents in each of the categories if 4-H members need them.
- (5) **Tasting.** There will be **NO** tasting by judges, agents, 4-Hers or parents at the County, District, or State Food Shows for all age divisions and categories including beef judging. No one will be given the option or opportunity to taste ***before, during, or after*** the Food Show due to food safety and liability concerns.
- (6) **Day of Contest Dish Display.** At Wilbarger Auditorium, a name card will mark each contestant's assigned space. A dish holding area with a width of approximately 24 inches will be provided. Contestants are encouraged to have an appealing "presentation" of their food for the judge, which should include: serving dish, one serving of the recipe, an edible garnish, and a serving utensil. Intermediates and Seniors will also need to include the materials needed for their skill showcase. Due to the "single serving" entry, there will not be food available for public viewing. Therefore, we will not have public viewing. This will also eliminate the need for participants to decorate their table area.
- (7) **Serving Dish and Garnish.** Participants may use their creativity to assemble the dish on a decorative serving dish and assemble garnishes. Remember: only the serving dish, single serving of the recipe, edible garnish and serving utensil will be allowed in judging area. Intermediates and Seniors will also include the materials needed for their skill showcase.
- (8) **Presentation of Dish During Interview.** All participants are required to present a complete dish at the time of their interview.  
*Face-to-Face Participants:* Participant will place their dish in an assigned area and wait in an assigned area of the main auditorium until he/she interviews. Social distancing guidelines will be in effect throughout the District 3 4-H Food Show Contest. Please note: If participants will be transferring their single serving for interview from a hot dish to their serving plate, they should bring an oven safe mitt, pot holder, or trivet to place the hot dish on to prevent melting the plastic table cover.  
*Virtual Participants:* Participant and their prepared dish must be visible during the virtual interview. Virtual participants may compete from their home with working internet connection and technological device with access to Zoom.
- (9) **Tie Breakers.** A procedure will be used in the tally room. Therefore, 4-Hers will be dismissed immediately following their interview.

**(10) Category Qualification.** The category qualification for a Food Show recipe entry will be at the discretion of the

## ROLLING PLAINS DISTRICT 3 4-H FOOD SHOW

respective county extension agent for the 4-Hers county.

**Please Note: Each county will be limited to only one entry per category, per age division.**

### (11)\*NEW\* Knowledge Showcase. (*Senior Face to Face and Virtual Participants*)

Food show contestants will test their knowledge on food preparation, food safety, kitchen safety, and general nutrition knowledge in the quiz section of the food show. Contestants will be given a 10-question quiz which will contain multiple choice and true/false questions. Contestants should refer to the Texas 4-H Food & Nutrition page (<https://texas4-h.tamu.edu/projects/food-nutrition/>) for potential resources.

### (12)\*NEW\* Skill Showcase. (*Intermediate and Senior Face to Face and Virtual Participants*)

Food show contestants will showcase a skill learned in the food and nutrition project area when they bring their dish to be judged. Youth will demonstrate their knowledge of a skill chosen in the below Skillset Options. Participants should bring all materials to demonstrate this skill to the judges. Judges will score the skill based on correct procedures, safety, and other pertinent information related to the skill assigned. During registration on 4-H Connect, intermediate and senior age participants will indicate which skill they have chosen to demonstrate from the skillset options below:

Skillset Options	
Measure	
¼ Cup Flour	Demonstrate how to properly measure ¼ Cup flour.
1 Cup Water	Demonstrate how to properly measure 1 Cup water.
1 Tablespoon Oil	Demonstrate how to properly measure 1 Tablespoon oil. (Oil not specified.)
1 teaspoon Baking Powder	Demonstrate how to properly measure 1 teaspoon baking powder.
Knife Safety	
Slice Bread	Demonstrate how to properly slice bread using knife safety skills.
Dice, Chop, or Julienne a Vegetable	Demonstrate how to properly dice, chop, or julienne a vegetable. (Vegetable not specified.)
Kitchen Gadget	
Vegetable Peeler	Demonstrate how to properly peel a small cucumber or small potato.
Zester	Demonstrate how to properly zest a lemon.
Juicer	Demonstrate how to properly juice an orange.
Apple Slicer	Demonstrate how to properly use an apple slicer to slice an apple.
Edible, Decorative Garnish	Demonstrate how to properly create an edible decorative garnish that is relevant to your dish. (i.e. Garnish Spaghetti with Basil Leaves)

(13)**Five Minute Presentation.** Each contestant will start with a maximum five-minute presentation to introduce themselves and their dish. To earn maximum points, participants must use the 5 minute presentation to describe their inspiration in choosing your recipe, how recipe relates to the current food show theme, and the following areas of the scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety Concerns.

(14)**Four Minute Interview.** Judges will have the opportunity for a four-minute interview asking questions applicable to the scorecard. It includes but is not limited to basic nutrition, food safety, food preparation, chronic disease prevention, age related nutrition, or other areas of health, as well as project experiences. Judges may ask additional questions related to general food and health, food systems, food safety, or food/health issues.

(15) **Beef Award Contest.** *To be eligible for a Beef Award, the following guidelines will apply:*

**Criteria:** In the Main Dish category, a serving of the dish should contain 3-4 ounces of beef.

NUMBER OF SERVINGS MUST BE INDICATED ON RECIPE.

To calculate the number of ounces of beef in a serving, take the total amount of beef in the dish, change the amount to ounces (16 oz = 1 lb), and divide by the number of servings in the dish.

*Example:* The recipe calls for 2 lbs. of beef and serves 8 people (32oz. divided by 8 servings = 4 oz. beef per serving.)

**Judging:** There will be a separate judging for the beef awards. Members of the Wichita Falls Area Cattle Women's Organization will serve as judges. 4-H'ers entering the beef award will be judged twice — once in the Main Dish division and again for the beef award. During the beef award, judging questions will be centered around beef, its importance in the diet, cooking methods, ways to serve, etc.

**Serving Dish:** Those participants eligible for the beef award will need to bring an additional single serving of their recipe for the Beef Award judging.

**Awards:** The Beef Awards will be given by the Wichita Falls Area Cattle Women. Awards will be cash awards in the Main Dish Category Only (Junior, Intermediate, and Senior).

Prizes will be 1st place - \$50.00, 2nd place \$20.00

(16) **Additional Day of Contest Information.**

**Judging:** Agents may assist contestants to carry all necessary items to the door of the appropriate judging room.

**Leaders, parents, and family members will not be allowed inside the Wilbarger Auditorium unless they are serving as a contest judge.** Assistance will be provided for 4-H'ers. Contestants should leave contest location after they have completed all their required judging presentation.

Contestants may leave the premises with appropriate adult after they have been judged and their assigned space has been cleaned up and items put away.

No electronic devices or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices. Contestants may bring in an electronic kitchen timer for time management purposes.

Personal appearance along with poise and voice is part of the score. Clothes do not have to fit a theme or be special for the show however, contestants will want to look nice, clean, and neat.

**Awards:** Awards will be presented at 1:00PM virtually via Zoom.

Ribbons will be awarded to the first five places in each category of each age division. All other entries will receive a participant ribbon.

(17) **Resources.** *Participants are encouraged to use the following resources as a foundation to learning nutrition, food safety, and food preparation knowledge. Participants should not solely rely on these resources but seek other credible resources to expand their knowledge and expertise.*

**Nutrition Resources:**

MyPlate- <http://www.choosemyplate.gov/>

Food Safety- <http://www.fightbac.org/>

Dietary Guidelines for Americans- <http://health.gov/DietaryGuidelines/>

Preparation Principles & Function of Ingredients- <https://texas4-h.tamu.edu/wp-content/uploads/Preparation-Principles-and-Function-of-Ingredients.pdf>

Know Your Nutrients- [https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients\\_FINAL.pdf](https://texas4-h.tamu.edu/wp-content/uploads/Know-Your-Nutrients_FINAL.pdf)

Nutrient Needs at a Glance- [http://fcs.tamu.edu/food\\_and\\_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf](http://fcs.tamu.edu/food_and_nutrition/pdf/nutrient-needs-at-a-glance-E-589.pdf)





**Theme Resources:**

10 Tips: Save More at the Grocery Store

<https://www.choosemyplate.gov/ten-tips-save-more-at-the-grocery-store>

20 Money Saving Grocery Shopping Tips

<https://www.eatright.org/food/planning-and-prep/eat-right-on-a-budget/20-money-saving-grocery-shopping-tips>

10 Tips for Healthy Grocery Shopping

<https://www.webmd.com/food-recipes/features/10-tips-for-healthy-grocery-shopping#1>

Eating Better on a Budget

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet16EatingBetterOnABudget.pdf>

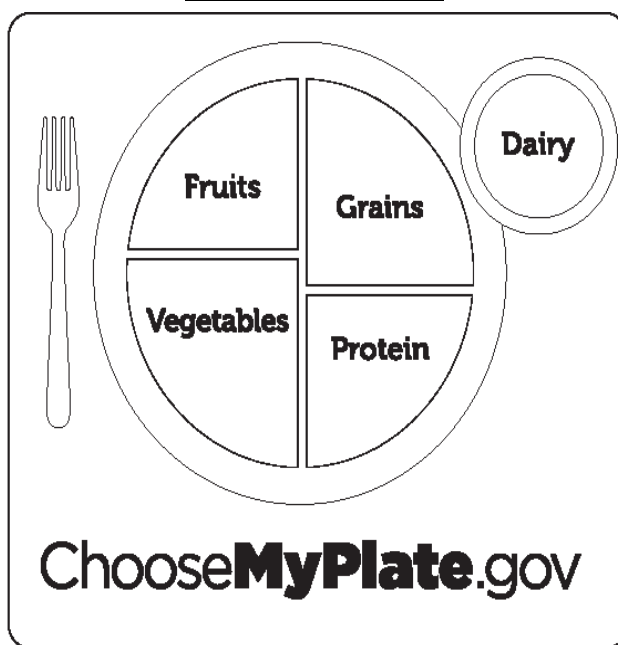
Smart Shopping for Veggies and Fruits

<https://choosemyplate-prod.azureedge.net/sites/default/files/tentips/DGTipsheet9SmartShopping.pdf>

Stretch Your Food Dollars At the Grocery Store

<https://hgic.clemson.edu/factsheet/stretch-your-food-dollars-part-2-at-the-grocery-store/>

**MyPlate Graphic**







**10  
tips**  
Nutrition  
Education Series

# choose MyPlate

**10 tips to a great plate**



**Making food choices for a healthy lifestyle can be as simple as using these 10 Tips.**

Use the ideas in this list to *balance your calories*, to choose foods to *eat more often*, and to cut back on foods to *eat less often*.

## 1 balance calories

Find out how many calories YOU need for a day as a first step in managing your weight. Go to [www.ChooseMyPlate.gov](http://www.ChooseMyPlate.gov) to find your calorie level. Being physically active also helps you balance calories.

## 2 enjoy your food, but eat less

Take the time to fully enjoy your food as you eat it. Eating too fast or when your attention is elsewhere may lead to eating too many calories. Pay attention to hunger and fullness cues before, during, and after meals. Use them to recognize when to eat and when you've had enough.



## 3 avoid oversized portions

Use a smaller plate, bowl, and glass. Portion out foods before you eat. When eating out, choose a smaller size option, share a dish, or take home part of your meal.

## 4 foods to eat more often

Eat more vegetables, fruits, whole grains, and fat-free or 1% milk and dairy products. These foods have the nutrients you need for health—including potassium, calcium, vitamin D, and fiber. Make them the basis for meals and snacks.



## 5 make half your plate fruits and vegetables

Choose red, orange, and dark-green vegetables like tomatoes, sweet potatoes, and broccoli, along with other vegetables for your meals. Add fruit to meals as part of main or side dishes or as dessert.

## 6 switch to fat-free or low-fat (1%) milk

They have the same amount of calcium and other essential nutrients as whole milk, but fewer calories and less saturated fat.



## 7 make half your grains whole grains

To eat more whole grains, substitute a whole-grain product for a refined product—such as eating whole-wheat bread instead of white bread or brown rice instead of white rice.

## 8 foods to eat less often

Cut back on foods high in solid fats, added sugars, and salt. They include cakes, cookies, ice cream, candies, sweetened drinks, pizza, and fatty meats like ribs, sausages, bacon, and hot dogs. Use these foods as occasional treats, not everyday foods.

## 9 compare sodium in foods

Use the Nutrition Facts label to choose lower sodium versions of foods like soup, bread, and frozen meals. Select canned foods labeled "low sodium," "reduced sodium," or "no salt added."



## 10 drink water instead of sugary drinks

Cut calories by drinking water or unsweetened beverages. Soda, energy drinks, and sports drinks are a major source of added sugar, and calories, in American diets.

## **DISTRICT 3 4-H**

### **FOOD AND NUTRITION SPECIAL OPPORTUNITIES**

There will be two special opportunities offered in 2020 in conjunction with the District 3 4-H Food Show. 4-Hers will be able to participate in additional District-level opportunities related to the Food and Nutrition project and “Promote 4-H”. The Special Opportunities include: **Exhibit** and **News Writing**.

**\*Note\*** **Participants are not required to participate in the District 3 4-H Food Show** to take part in these special opportunities. However, registration for the District 3 4-H Food Show within 4-H Connect is still required. Those participating in the Special Opportunities will select the **Exhibit** and/or **News Writing** option within their 4-H Connect contest registration to receive a certificate.

#### **EXHIBIT**

Exhibits may be entered by an individual or a group (such as a 4-H Food & Nutrition Group).

- (1) **Criteria.** Exhibits should be related to some area of the Food and Nutrition Project. The exhibits must be card table size. Each exhibit should include a sign that lists the county name and name(s) of 4-Hers who developed the exhibit.
- (2) **Setup.** Nothing can be attached to walls. An easel may be used behind the table to hold a sign, poster, etc. Contestants must provide their own easel. There will be 8' tables set up in the foyer of the auditorium. There will be no access to electricity. 4-H'ers should set their exhibit up in the foyer of Wilbarger Auditorium by 9:30 a.m.
- (3) **Presentation.** The exhibits may or may not be manned by the participants.
- (4) **Awards.** All 4-H'ers setting up an exhibit will receive a certificate.
- (5) **Disassemble.** Exhibits should remain in place until after the food show judging is complete. 4-Hers with exhibits DO NOT have to attend the District 3 4-H Food Show, however, they must make arrangements to get their exhibits to and from the show.

#### **NEWS WRITING**

A 4-H'er in any age division may write a news article.

- (1) **Criteria.** News article should promote the food and nutrition project, the food show, food safety, health or any other subject matter area of the Food and Nutrition Project. The articles should contain the 4-H'ers name, county and age in the top right hand corner. They should be typed, double-spaced on standard 8½ x 11 inch white paper.
- (2) **Display.** These articles can be displayed at the event.

## **DISTRICT 3 4-H FOOD SHOW**

### **RECIPE SELECTION**

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food presentation principles.

Many recipes can be entered in more than one category. Participants should consult with the website <http://www.choosemyplate.gov/> when selecting a recipe category. All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.

- **Appetizer** – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.
- **Main Dish** – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.
- **Side Dishes** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.
- **Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

**Recipe: When selecting a recipe for county and district competition, please remember:**

- Recipes should be written in the standard recipe format using the included Recipe Submission Checklist as a guide.
- When choosing a recipe, please keep in mind what ingredients will be available in College Station. (Seniors)
- No alcohol or alcohol-containing ingredients can be used

**Special Notes for State Qualifiers:**

*State qualifying food show contestants must enter the same recipe that they qualified with at the District level. The same recipe cannot be entered more than once to the State Food Show.*

*At state, contestants will be assigned specific preparation facility times and preparation time limits based on number of entries and recipes. Depending on the number of entries and recipes, contestants may be limited to 2 to 2.5 hours in the facility; this time limit will include final cooking and/or baking of their dish. Oven time is limited to 75 minutes.*

**Contestants should keep these items in mind when selecting recipes at county and district levels.**



## RECIPE SUBMISSION CHECKLIST

### TIPS FOR SUCCESS

	Yes	No
I. Does Your Recipe Have All of These Parts?		
a. Name of Recipe	_____	_____
b. Complete list of ingredients Size cans, packages, etc. given EX: 10 oz. box chopped frozen spinach NOT Spinach, box of spinach or frozen spinach	_____	_____
c. Description for combining ingredients	_____	_____
II. List of Ingredients		
a. Ingredients are listed in order in which they are used	_____	_____
b. Ingredients listed as they are measured, i.e. the word describing is in the correct place. EX: ¼ cup chopped onion, not ¼ cup onion chopped  EX: 1 green pepper, chopped, not 1 chopped green pepper	_____	_____
c. Measurements given in common fractions i.e. ¼ cup, 2 tablespoons, 1 teaspoon	_____	_____
d. All measurements are spelled out, not abbreviated. EX: cup, teaspoon, tablespoon, size can, etc. (i.e. 4-ounce can)	_____	_____
III. Directions		
a. Used clear instructions for every step of combining and cooking the ingredients.	_____	_____
b. Used short, clear sentences	_____	_____
c. Used the correct word to describe combining and cooking processes	_____	_____
d. Stated the size of pan	_____	_____
e. Give temperature and cooking time	_____	_____
f. Included the number of servings or how much the recipe would make	_____	_____

## RECIPE EXAMPLE

### **4-H Shamrock Salad**

6-ounce package lime gelatin	(not just 1 package lime gelatin)
2 cups boiling water	
1 cup lemon-lime soda	
8-ounce package cream cheese, softened	(not just 1 package/what kind? Low fat, Fat free, etc.)
½ teaspoon vanilla	
½ teaspoon lime juice	
6-ounce can mandarin oranges, drained	(always include size)
8-ounce can pineapple tidbits, drained	
2 cups green grapes, halved, seeded	(not just grapes also color/kind? Red, concord, green)
2 cups chopped celery	(not 2 cups celery chopped – you must chop the celery to measure it, so chopped must be written first)
½ cup chopped pecans	(are you measuring the pecans before or after chopping? The way it is written here indicates chopping first)
8-ounce carton frozen low-fat whipped Topping, thawed	(indicate low-fat, fat-free, etc.)
3-ounce package lime gelatin 1 ½ cups boiling water	

Dissolve the 6-ounce package lime gelatin in 2 cups boiling water. Stir in 1 cup lemon-lime soda. Combine this with cream cheese, vanilla, and lime juice in blender, and process until smooth. Pour blended mixture into bowl. Stir in all fruit, celery and pecans. Fold in three-fourths carton whipped topping. Pour into 13x9x2 inch pan. (Note size of pan is listed) Chill until firm; then cut whole pan into 8 equal sized portions.

In order to make the 4-H Shamrock gelatin jigglers, dissolve the 3-ounce package lime gelatin in 1 ½ cups boiling water. Pour into shallow pan, 24x16x1 inches. Chill until set. Cookie cut the jiggle gelatin into 4-H Shamrock shapes. Serve salad squares on lettuce-lined plate. Top with 4-H Shamrocks. Garnish with remaining whipped topping. Chill until serving time. May add other garnishes to serving try for color variety. Yield 8 ½ cup servings. (Note number of servings is listed)