
4-H Food and Nutrition Project - Lubbock County - Fall 2017

Dear 4-H Family,

Your child is invited to participate in the 4-H Food and Nutrition Project. There are many different opportunities that you will learn about in this newsletter.



What is a Food & Nutrition Project?

A "Project" is a series of meetings, led by a volunteer leader. At the meetings your child will be learning about food preparation, meal planning, food safety, nutrition and food buying. The "Project" may be conducted in a couple of sessions or all in one day. Please contact your club manager to find out when your club's project groups are meeting. If your club does not currently have a project group meeting, you may form your own project group, project activities may be done on an individual basis, or you may participate in the county opportunities found in this newsletter. Please contact the Extension Office if you have any questions or need assistance in coming up with project activities.

When participating, each child is asked to pay a fee, which covers the cost of expenses that project leaders have in conducting the project. Since 4-H'ers usually eat at these meetings, these costs are usually just barely enough to cover food costs. Please be prompt in paying these amounts, since the leaders are paying for it out of their own pockets and waiting to be reimbursed. Food and Nutrition project resource packets for 4-H'ers to complete on their own are also available from the Extension Office.

We also offer county-wide activities and tours that everyone is invited to participate in. You'll find these opportunities listed in this newsletter.

COUNTY-WIDE 4-H WORKSHOP

On Wednesday, October 18 from 5 - 6:30 pm we will have a county-wide 4-H Workshop at the County Extension Office. Our workshop will be focusing on fruits and vegetables and will include some garnishing as well as other tasting opportunities. Please RSVP to the County Extension Office by October 16, if you plan to attend. There is no cost to participate.

COUNTY-WIDE 4-H TOUR

A county-wide food and nutrition project tour is planned for Tuesday, October 10, please RSVP to the Extension Office by Monday, October 9. Our activity will include:

5 pm Tour Café Venture, (tentative)
 19th and Nashville

On Saturday, October 7 from 9-11 am, during the "One Day 4-H" community service event at the South Plains Food Bank Farm, you will also have the opportunity to learn about how their farm operates.

COUNTY 4-H COMMUNITY SERVICE

This year, we will have a county-wide community service in support of the food and nutrition project. We will be supporting the "Meals on Wheels" Senior Hunger campaign with a canned food drive. Items to donate: non-perishable, individually packaged food items for Weekend Meal Program - instant oatmeal, cream of wheat, small boxes of cereal, pudding, soup-individual size, tuna, vienna sausage, cheese or peanut butter crackers, granola bars, cookies, snack cakes, tea, coffee, and cocoa. Please bring donation items by the Extension Office during October or to the County 4-H Food Show.

COUNTY FOOD SHOW



This is an optional competition, in which 4-H'ers prepare a food and participate in an interview with judges to demonstrate what they have learned through their project.

WHEN: Sunday, October 15
- Judging to begin at 2 pm in County Extension Office

WHERE: Lubbock County Ext. Office
916 Main, Suite 201,
Awards program held following completion of judging, in the Bank Lobby.

ENTRY: Entry and recipe are due Friday, October 6 by 5 pm

If you have special circumstances for judging times or questions, please contact Ronda as soon as possible so that we can make other arrangements.

FOOD SHOW INFORMATION

After your food show entry information has been submitted, you will receive a County Food Show Information letter, via email. It will include score cards (with questions to prepare for), a Food Show Information Schedule which will include an assigned judging time and specific information to help you prepare for the competition.

COUNTY 4-H FOOD SHOW ENTRY REQUIREMENTS

Entry materials for the food show are due no later than 5:00 p.m. on Friday, October 6, to the County Extension Office or you may email the entry forms to Ronda at rd-alexander@tamu.edu.

Participants must turn in:

- recipe (may be hand-written, typed or copied)
- entry form (included with this letter)
- project form (optional - may be downloaded from county website)

According to UIL rules for extracurricular activities, 4-H'ers must meet school eligibility requirements in order to participate in the food show or any competitive event.

AGE DIVISIONS

Junior - 3rd grade - 5th grade

Intermediate - 6th - 8th grade

Senior - 9th - 12th grade

Clover - K - 2nd grade; may participate, but do not advance to District.

CATEGORIES - for 2017-18

This year's theme is "Fresh from the Farm." This theme will allow participants the opportunity to explore many aspects of food processing, physical activity, and the value of agriculture. Another aspect to consider is the importance of family and working together. In addition, 4-H'ers can discuss the growing season their dish is associated with: late spring and early summer, high summer, and early fall. In addition 4-H'ers might consider discussing where the ingredients for their dish were grown, whether locally or otherwise. **All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories for Seniors.**

Protein - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds. Beans and peas may also be part of protein group.

Fruit & Vegetable - Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, or pureed. Any vegetables or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up or mashed. Beans and peas may also be part of protein group.

Grains - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Dairy - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy group choices should be fat-

free or low-fat. Foods made from milk that retain their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy group.

Only edible garnishes will be allowed. If you have questions about what type of food goes in which category, please call Ronda.

Recipe Presentation and Judging

- For Junior and Intermediate participants, they will start with a maximum 2-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish based on the theme: Fresh from the Farm. They will then have an additional 6 minutes to answer questions from the judges, related to the score card.
- Senior participants will start with a maximum 4-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing their dish based on the theme “Fresh from the Farm” and other points listed on the score card. They will then have an additional 4 minutes to answer questions from the judges related to the scoresheet.
- Finally, participants will have 1 minute to serve the judges a portion of their dish. The dish should be presented in a serving dish, and garnished. Contestants should only use serving dishes and utensils appropriate and necessary to serve the dish; placemats, centerpieces or linens are not to be included. Gloves should only be used if necessary for the item to be served.
- Clovers will also participate in a practice-type interview, conducted by Senior 4-H members at the County Food Show.

DISTRICT 4-H FOOD SHOW

4-H’ers placing first in their age division category at the County Food Show are eligible to compete in the District 4-H Food Show which will be held in Levelland on Saturday, November 11.

For this competition 4-H’ers participate in the same process as at county. They prepare their dish ahead of time, take it with them to the

Show, participate in an interview with judges and are then recognized for their participation in a formal awards ceremony.

First place winners in the senior age category will advance to the State 4-H Food Show which is held during State 4-H Roundup in June.



DISTRICT EDUCATIONAL EXHIBITS

All 4-H’ers are welcomed to prepare an educational exhibit related to Food and Nutrition to set up at the District Food Show. Participants must furnish their own table/easel and set up the exhibit. Please sign-up by October 16 if you plan on participating.



FOOD AND NUTRITION QUIZ BOWL

The Food and Nutrition Quiz Bowl is another opportunity available for 4-H’ers to get involved and learn about food and nutrition. Participants learn about food and nutrition, through participation in a game-type format, answering different related questions. Three to four 4-H’ers make up a team for this competition; you may recruit your own team members or teams may be made up from all 4-H’ers across the county. Please contact Ronda to sign-up, find out about practices, and team opportunities by October 16. Teams compete as Juniors, Intermediates (may be both juniors and intermediates) and Seniors.



FOOD & NUTRITION PROJECT OBJECTIVES:

4-H'ers will:

- Practice recommended food preparation skills including food safety.
- Understand the connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions.
- Learn the nutrients in your dish and the health benefits they provide to your body.



PROJECT RECORD FORMS

The Project Record Form is available from the County website; it is listed under Publications - 4-H - Lubbock County 4-H Project Form. 4-H'ers are not required to turn in their completed project form, however it is a good idea to go ahead and turn it in when they enter the food show. For those not competing in the Food Show, they may turn one in at the end of any 4-H project. This helps 4-H'ers to begin developing their record-keeping skills and preparing a 4-H Record Book.

CONSUMER DECISION-MAKING PRACTICES

The Consumer Decision-Making project orientation will be held on Monday, October 30 at 5:30 pm at the County Extension Office. This competition may be done as an individual, as well as with team members; teams are made up of 3-4 members. All age groups will practice together. The District Contest will be December 11 in Lubbock.

What Can Parents Do?

Parents can assist in many ways. Contact your project leader or club manager and ask them if there is anything that can be done to assist. Also, be timely in taking and picking up your kids from project meetings. You will also need to assist your children in preparing their entries for the Food Show, if they choose to participate. Please call if you have any questions.

4-H FOOD CHALLENGE

The Food Challenge is another food and nutrition project related activity that 4-H'ers may participate in. The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a set of predetermined ingredients provided, teams of 3 to 5 4-H members must develop a recipe and prepare the dish within 40 minutes. Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish. This year the District Contest will be held on October 23 in Levelland. Our county practice contest will be held on Sunday, October 15 in the Bank Lobby on the first floor of the County Extension Office Building. Please sign-up by Friday, October 6th if your team is planning on participating, and to sign up for the District competition. If your club does not have a team, please contact Ronda to see about participating on a county-wide team. This year teams may participate as a Junior, Intermediate (may include juniors) or Senior team. Contact Ronda for more information.



ONE DAY 4-H



Hopefully each of you have marked your calendars for Saturday, October 7. Lubbock County 4-H will be conducting a canned food drive and working at the Food Bank Farm for our "One Day 4-H" project. All 4-H'ers are welcomed to participate in these activities, either by conducting their own canned food drive, donating canned food items and/or coming to work at the Food Bank Farm from 9am - 11 am; the Farm is located at 304 76th. Please call the Extension Office by October 6, if you plan to attend or need assistance with directions.

Sincerely,

Ronda Alexander

Ronda Alexander
CEA 4-H



LUBBOCK COUNTY 4-H FOOD SHOW
ENTRY FORM - DUE OCTOBER 6

Name _____

Address _____

City, ZIP _____

Phone Number _____

School Name _____

Principal's Name _____

4-H Club _____

Date of Birth/Grade __ _____

Completed and Current 4-H Profile on 4-H Connect - __ yes

Division Junior _____

Intermediate _____

Senior _____

Clover Kids _____

Category:

Protein _____

Fruits & Vegetables _____

Grains _____

Dairy _____

Title of Recipe _____

(Attach a copy of recipe to this form)

Project Form Attached - optional