
4-H Food and Nutrition Project - Lubbock County - Fall 2019

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 Tuesday, October 15 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 11, 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 Wednesday, October 8. Please RSVP to the Extension Office by Monday, October 6. Our activity will include:

5 pm We will be touring the Overton Restaurant and their Chef will present a program about his career as a chef. Meet in the Overton Lobby at 4:50pm

ONE DAY 4-H

On Saturday, October 12 from 9-11 am, we will also have a community service at the South Plains Food Bank Farm; we will be picking vegetables, hoeing weeds or whatever else farm tasks they need help with. We will be working outside, so be sure to dress appropriately. You will also have the opportunity to learn how the farm operates.

COUNTY 4-H COMMUNITY SERVICE

This year, our county-wide community service 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 20
- Judging to begin at 1 pm in
County Extension Office

WHERE: Lubbock County Ext. Office
916 Main, Suite 401,
Awards program held following
completion of judging, in the Bank
Lobby.

ENTRY: Entry and recipe are due Thursday,
October 10 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 Thursday, October 10, 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 2018-19

This year's 4-H Food Show theme, Food Around the World, challenges contestants to explore foods and cultures from countries outside the United States. Let your exploration guide your recipe selection for the food show. Is there a country you dream of traveling to in the future? Consider your family's heritage and/or original place of origin for inspiration. Or simply spin the globe and let your finger choose a country. Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories for Seniors.

Main Dish - Food classified as main dish usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, and peanut butter. They may also contain other foods. Dishes may include beef, veal, pork, variety meats, poultry, eggs, fish and shellfish. Other possible dishes include meat loaves, souffles, omelets, soups and chowders.

Fruit & Vegetable - Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Foods in this category should be those in which the main ingredient is a fruit or vegetable. Suggested dishes may include salads, cooked vegetables, cooked fruit, and combination vegetables dishes.

Breads and Cereals - The foods in this category should contain foods made from wheat, oats, rice, rye, barley, millet, quinoa and/or corn. Examples of entries for this category include quick breads such as muffins and biscuits, yeast breads, oatmeal and pasta.

Nutritious Snacks - For this category, look for recipes high in nutrients which provide lasting energy to sustain an individual between meals. Examples include: red pepper hummus, oven roasted chickpeas or oatmeal energy balls.

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: Restaurant Recreation. 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 “Food Around the World” 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 17.

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 November 6 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. 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. If you are interested in participating, please call the Extension Office as soon as possible to sign up and get started. 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 Tuesday, October 22 at 7 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 14 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 4 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 28 in Levelland. Our county practice contest will be held on Sunday, October 20 in the Bank Lobby on the first floor of the County Extension Office Building. Please sign-up by Thursday, October 10th if your team is planning on participating, and to sign up for the District competition. If you do 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. **Rules for Food Challenge have changed this year; if you do not have a copy, please contact Ronda for updated information.**



ONE DAY 4-H



Hopefully each of you have marked your calendars for Saturday, October 12. 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 11, if you plan to attend or need assistance with directions. If there are weather issues, please check the 4-H Facebook page for cancellations or more information.

YEAR-ROUND COMMUNITY SERVICE FOR MEALS ON WHEELS

Please save your grocery store paper sacks for the Meals on Wheels - Senior Hunger Campaign. Sacks should be barely used, with handles intact, stored flat. You may bring your donations by the Extension Office and we will deliver them. We especially need sacks for December and a Clover Project Community Service that we will be doing.

Sincerely,

Ronda Alexander

Ronda Alexander
CEA 4-H



LUBBOCK COUNTY 4-H FOOD SHOW
ENTRY FORM - DUE OCTOBER 10

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:

Main Dish _____

Fruits & Vegetables _____

Breads & Cereals _____

Nutritious Snacks _____

Title of Recipe _____

(Attach a copy of recipe to this form)

Project Form Attached - optional