



## *Runnels County Food Challenge*

**When:** Saturday, December 7, 2019

**Time:** Check-In is between 8:30 and 8:45 am

A short orientation will begin at 8:45 am

Contest will start promptly at 9:00 am

**Where:** St. Joseph Catholic Church Hall, Rowena

### **Age Divisions:**

Clover Kids (Kindergarten-2<sup>nd</sup> Grade) - must be enrolled as a Clover Kid in 4-H Connect

Junior (3<sup>rd</sup> Grade-5<sup>th</sup> Grade)

Intermediate (6<sup>th</sup> Grade-8<sup>th</sup> Grade)

Senior (9<sup>th</sup> Grade-12<sup>th</sup> Grade)

### **County Rules and Guidelines:**

Teams consist of at least 3 members, but no more than 4 members. Juniors may be bumped up to an Intermediate team, but intermediates cannot be bumped down to a junior team, nor can they be bumped up to a senior team. Clover Kid teams can only consist of members in Kindergarten thru 2<sup>nd</sup> Grade and cannot compete on teams with Junior aged kids.

MyPlate Mini-Poster, Fight Bac, Know Your Nutrients, Food Safety Fact Sheet and the Food Challenge Worksheet will be the only resources allowed. All resource materials will be provided for each team at the contest. An information sheet containing the “key” ingredient and food category will also be provided. Each team is to provide their own supply box. We will go off the honor system as supply boxes will not be checked at the contest to save time.

All teams will compete in one heat. Teams will not know which category they will be cooking in until they arrive at the contest. Categories could be one of the following: Main Dish, Fruits and Vegetables, Breads and Cereals, or Nutritious Snack. Teams will have 40 minutes to prepare **one** single dish that falls into the category they are assigned to, plan a presentation, and clean up the preparation area.

Teams will have access to a “pantry” of additional ingredients which should be combined with the team’s “key” ingredient to create an original recipe/dish during the contest. Pantry items will include items commonly found in grocery stores and/or home pantries, including items such as produce, seasonings, oils, etc. Teams must use at least two additional items from the pantry. Teams will also receive a pricing sheet for pantry items at their station. Pantry items will be “purchased” using a pricing system and “contest currency.” This will enable teams to analyze the cost of their entire dish and individual serving. The currency system will be explained prior to the contest. Teams may not exceed the provided “contest currency” or trade “currency” or pantry items with other teams. Example: teams may be provided \$5.00 in “contest currency” to spend at the pantry; each item in the pantry will be priced and teams must calculate cost according to total spent.

Teams will be judged during preparation and on the team presentation. Teams will have 5 minutes for their presentation to the judges.

Unlike last year, parents will not be allowed to watch. We are going to be using the entire floor to help accommodate electricity. Parents may hang out outside (if weather permits) or leave and come back for awards. A room off the hall will also be provided for parents to wait. Awards will start as soon as final tabulation has occurred.

**Deadline to Register:**

For County- **All teams must be entered through our county website by December 2. This is to be done by the coach and only the coach.**

Instructions for entering teams through the county website:

1. Go to <https://runnels.agrilife.org>.
2. Hover over the "4-H" tab at the top.
3. Click on "4-H Food Challenge"
4. Fill in the appropriate information including each team member's name, their grade, coach's name, coach's email and coach's phone number.



For District/San Angelo Stock Show- Like previous years, the District 7 Food Challenge Contest will be held in conjunction with the San Angelo Stock Show contest. **The entry fee is \$40.00/team.** Payment should be paid by the coach. Coaches, please make arrangements for your team members to pay you if you are splitting the cost evenly between team members. Entry fees are due to the Extension Office by **January 3, 2020**. The District Contest will be January 22, 2020. More details will come out as we get closer to the date.

If you have any questions, please contact Kandice at the Extension Office (325-365-2219) or by email ([Kandice.everitt@ag.tamu.edu](mailto:Kandice.everitt@ag.tamu.edu)).