



**Memo To: District 10 County Extension Agents**

**Subject: 2020-2021 District 10 Food Challenge Contest Letter**

**April 28, 2021**

Hill Country Youth Event Center in Kerrville, TX  
3785 Highway 27, Kerrville, TX 78028

The District 10 4-H Food Challenge will be held ***April 28, 2021 at the Hill Country Youth Event Center in Kerrville, TX.*** This contest challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Note: We will be using state rules. (Juniors/no cooking, intermediate & seniors/ will use heat) Below are the details about the District 10 Contest.

**Tentative Schedule: (subject to change depending on number of entries)**

**ALL 4-H and FCH agents please hold April 27, 2021** so we can purchase groceries & prep for the contest and then head over to the Hill Country Youth Event Center for setup. Time will be sent out once confirmed with the Hill Country Youth Event Center.

**April 28, 2021**

Time	
8:15 a.m.	Food Challenge Judges Arrive
8:15 a.m.	All contestants arrive and check boxes
8:30 a.m.	Judges & Group Leader Orientation
9:00 a.m.	Contestant Orientation
9:30 a.m.	Contest Heat Begins
10:15 a.m.	Contest Heat Ends
10:20 a.m.	Judging Begins
12:30 p.m.	Awards program *** subject to change depending on tabulation

Note: Lunch will be provided for agents and volunteers.

**Contest Registration:**

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be **\$15 per team member** and will cover contest food and supplies, insurance, and awards. **Registration will be open on 4-H Online (March 30 – April 6, 2021).** **Late Registration will be from (April 7-8, 2021) ONLY for an additional \$25 fee.** No refunds will be given for Food Challenge. A substitution may be made if someone decides not to go or is ineligible.

# **Food Challenge Agent Assignments**

**\*\*\*Assignments are subject to change\*\*\***

<b>TASK</b>	<b>PERSON RESPONSIBLE</b>
Food Challenge Committee	Angie Gutierrez (Chair), Elsie Lacy, Sonia Coyle, (Co-Chairs) Grace Guerra- Gonzalez, Lauren Strom, Monica Aguirre
Registration	Nelda Speller/Maggie Johnson
Timekeeper	Gretchen Sanders
Food Challenge Judges and Group Leaders/ Clean up/Helpers/Other Duties	Bandera: Jessica Faubion/Kara Spangler Bastrop: Hillary Long/ Mellanie Mickelson Bexar: Natalie Cervantes/Grace Guerra-Gonzalez/Monica Aguirre Blanco: Gretchen Sanders Caldwell: Aaron McCoy Comal: Victoria Grissom/Connie Sheppard/Jymann Davis Edwards: ----- Gillespie: Shea Nebgen/Taylor Osbourn Gonzales: ----- Guadalupe: Charla Bading/Matt Miranda Hays: Kate Blankenship Kendall: Bailey Cernosek/Hilary Putrite Kerr: Angela Fiedler/Jennifer Smith Kimble: ----- Kinney: ----- Medina: ----- Real: ----- Sutton: ----- Travis: Alicia Ford/Nathan Tucker/ Crystal Wiltz /Kyle Hammel Uvalde: Molly Flores Wilson: Nicole Demmer/Courtney White
Judges Gifts, Paperwork, Signs, and Awards	District 10 Office with Co-Chairs.
Awards Ceremony Coordination	Natalie Cervantes/Matt Miranda -Develop awards program script -Work with 4-H members who sign up to assist with awards program -Put out signs for Participants seating
Tabulation	Megan Logan/Nelda Speller/Maggie Johnson/Chair/Co-Chair
Judges Orientation	Lauren Strom
Group Leader Orientation	Sonia Coyle
Participant Orientation	Elsie Lacy
Judges/Volunteer Refreshments	Angela Fiedler
Supply Box Check in	Taylor Osbourn/ Natalie Cervantes/Matt Miranda/

**The following Ag Agents need to hold April 27,2021to help with set up for Food Challenge: Brad Roeder, Taryn Titsworth, Justin McGriff, and Stephen Zoeller.**

## Food Challenge Committee Guidelines Updates for D10 Food Challenge 2020-2021

### Please review rules and guidelines to get more familiar with new changes.

a) **New categories** for Food Challenge will be the same of those for Food Show: Appetizer, Main-dish, Side dish and Healthy Dessert

b) **The teams will receive the following:**

**Junior team will be given measurements with the ingredients, nutritional information, and receipt.** The ingredients will represent a recipe from one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert. (Same as last year)

**Intermediate teams will be given a list of ingredients, limited nutritional information and receipt.** The ingredients will represent a recipe from one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert. (Same as last year)

**Senior team will receive an information sheet with their contest category and “key” ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station).** The “key” ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert. (Will follow state rules)

c) **Supply box.** Only Seniors will have gadget of the last year: *Spiralizer (manual only)* Senior teams can add to their boxes a set of *basic pantry items* and there is no requirement to use these items, nor is it mandatory that teams include these in their supply box. *Seniors will use state supply box list. Intermediate and Juniors will use last year’s supply box list.*

- Salt
- Pepper
- Oil (16 oz)
- 1 jar chicken bouillon
- 1 medium onion
- 2 (14 oz) cans vegetables and/or fruit - team choice
- Rice (white or brown) or pasta (16 oz) -team choice

*Seniors only basic pantry items*



d) **Electrical:** Teams should be prepared to only plug in one piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation. Only seniors and intermediate will use heat.

e) **Rules of Play:** Teams must “purchase” at least two additional items from the “grocery store”. Teams will receive a pricing sheet for “grocery store” items at their station. Items can have a value of \$.50, or \$1.00. “Grocery Store” items will be “purchased” using a pricing system and “contest currency.” (*Seniors*) (*Juniors and intermediate will be provided tickets*). This will enable teams to analyze the cost of their entire dish and individual serving. (*Seniors only*) Juniors and Intermediate cost of pantry items will not be included in cost analysis calculation.

f) **Food and Equipment Safety:** Gloves: Gloves do not have to be worn throughout the contest; however, proper hand sanitizing techniques will be required and expected throughout the contest.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked inside.

**g) Other concepts...**

**Presentation:** # of kids presenting before the judges: Teams can have 3 or all 4 members to present. Judges will not take points out if 3 out of 4 will present.

**Disposing liquids:** Committee members will provide buckets to dispose liquids during contest.

**Picture time:** The Committee will have a volunteer/agent next to the 4H back drop where kids can bring final dish out for a quick picture and then dispose of.

**Questions for judges:** D10 will provide printed standard questions for judges to choose from.

**Ranking vs. point system:** Judges will *rank teams*.

**h) Contest Resources:**

- Know your Nutrients
- MyPlate
- Fight Bac!
- Practice kitchen & Food safety fact sheets

**i) Teaching Resources:**

- Dietary Guidelines for Americans
- Explore Guides:
  - i. Kitchen Safety
  - ii. Food Safety
  - iii. Dollars and Sense
  - iv. Food Challenge
  - v. Cooking in the kitchen

# SENIOR Supply Box List

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Measuring spoons (1 set)	
Bowls	Non-stick cooking spray	
Dip Size	Note cards (1 package - no larger than 5 X 7)	
(1)	Paper towels (1 roll)	
Mixing (2)	Pancake turner	
Serving	Pencils (no limit)	
Calculator	Plastic box and trash bag for dirty equipment	
(1)	Pot with lid	
Can Opener	Potato masher	
Cookie sheet	Potato peeler	
Colander	Sanitizing wipes (1 container)	
Cutting Boards (3)	or bleach solution spray	
Disposable tasting spoons (no	<i>*recipes available at: <a href="https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-clean-ing-disinfection-guidelines/">https://agrifetoday.tamu.edu/2020/03/25/texas-am-experts-offer-covid-19-clean-ing-disinfection-guidelines/</a></i>	
limit) Dry measuring cups (1 set)	Serving platter or plate	
Electric Skillet	Serving utensil	
Extension cord	Skewers (1 set)	
<i>(Teams should be certain the extension</i>	Skillet with lid	
<i>cord is compatible (2-prong/3-prong)</i>	Spatulas (2)	
<i>with the plugs on their electrical supplies)</i>	Stirring spoon	
First aid kit	Storage bags (1 box) Tongs	
Food thermometer	Two single-burner hot	
Fork	plates or	
Gloves	One double- burner plate	
Grater	(electric only!)	
Hand sanitizer	Whisk	
Hot pads (up to 5)		
Kitchen shears (1 pair)		
Kitchen timer		
Knives (4)		
Liquid measuring cup (2 cup		
size)		

<b>NEW!</b>	<b>Pantry Items</b>
	Salt
	Pepper
	Oil (up to 17 oz)
	1 jar chicken bouillon
	1 medium onion
	2 cans (up to 16 oz)
	vegetables and/or
	fruit ( <i>team choice</i> )
	Rice (white or
	brown) or pasta (16
	oz)
	( <i>team choice</i> )

Gadget of the Year:  
Teams may have the following kitchen gadget in their box for the 2020-21  
Contest Year:

*Spiralizer (manual only)*

# JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Liquid measuring cup (2 Cup Size)

Bowls

Measuring spoons (1 set)

- Dip Size (1)
- Mixing (2)
- Serving (1)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Calculator

Pencils (no limit)

Can Opener

Plastic box and trash bag for dirty equipment

Cookie sheet

Potato masher

Colander

Potato peeler

Cutting Boards (3)

Sanitizing wipes (1 container)

Disposable tasting spoons (no limit)

Serving platter

Dry measuring cups (1 set)

Serving utensil

First aid kit

Skewers (1 set)

Fork

Spatulas (2)

Gloves

Stirring spoon

Grater

Storage bags (1 box)

Hand sanitizer

Tongs

Kitchen shears (1 pair)

Whisk

Kitchen timer

Knives (4)

## INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted:

Beverage glass

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Cookie sheet

Colander

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box and trash bag for dirty equipment

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk