

CLASS P – FOOD CONTESTS/ACTIVITIES

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GENERAL REQUIREMENTS FOR FOOD CONTEST/ACTIVITIES

1. Open to all members enrolled in any food project or Adventures in Family Living (AFL) project. Refer to EM4733 for general contest instructions and EM3433 for table setting and serving guidelines. To find all noted guidelines and scorecards on the Internet, go to <http://www.4h.wsu.edu/publications> and click on “Search Extension Publications Catalog” – enter item number in the search window. They all have a downloadable PDF format.
2. A team consists of two members in the same age division. Some contests do not allow for teams.
3. All worksheets must be complete prior to contest. A team only needs to complete one worksheet.
4. Dishes will be washed by hand. Refer to EM4808, “Sanitizing Dishes.”
5. All food items must be purchased at a grocery store or other approved food source and brought to the contest in original packaging. No homegrown or preserved foods allowed. This restriction of food sources is to comply with health department regulations that only food from approved sources may be served to the public (i.e. judges and guests).
6. Contestants must complete contest in the time allowed or will be penalized.
7. Advance registration required for all contests and will be on a first-come-first-serve basis.
8. Contests at the state level have changed. Juniors with blue ribbons now qualify for State Fair. At County, as well as at state levels, Juniors may compete in 2 kitchen activity contests, while Intermediates and Seniors have a maximum of 3 contests.
9. See Division IV for the Food Judging Contest. It will be held on Saturday of Fair week and the Table Setting Activity will only be on Wednesday of County Fair week. All contests are during Food Activity times of Fair week.

Lot 1 Quick Fix Meals

Points Allowed
Blue – 20, Red – 16, White – 12

Participants may not enter this class and Food for all Occasions. Teams are not allowed. A simple meal that demonstrates food and kitchen safety and basic preparation knowledge and skills will be completed in 2 hours. A written menu for the meal, with Food Groups identified, will be prepared for the Judge. See C1073E activity description and C1074 Scorecard for more information.

Lot 2 Food for all Occasions

Points Allowed
Blue – 36, Red – 27, White – 20

A complete meal, representing an event, is prepared, with economy in mind. All levels and teams are allowed. The meal plus clean up and interview with the Judge must be completed in 3 hours. Participants serve 4 or 6 (team) persons. A completed worksheet is required. The chosen meal must be repeated if participating in state Fair activity.

Lot 3 Break Baking Contest

3A Quick Breads

Points Allowed
Blue – 24, Red – 18, White – 14

3B Yeast Breads

Points Allowed
Blue – 36, Red – 27, White – 20

Advance registration and a completed worksheet are required. No teams are permitted. Quick bread may not exceed 2 hours and yeast bread may not exceed 3 hours including clean up.

Lot 4 Lunch on the Go

Points Allowed
Blue – 10, Red – 7, White – 5

A simple lunch will be created for a Judge. Some items may be created prior to the activity. Teams are not allowed. The entire activity must be completed in 1.5 hours. C1071E gives descriptions and allowed commercial foods and C1072 Scorecard will be used for evaluation.

Lot 5 Favorite Foods

Points Allowed
Juniors – 1.5 hours
Blue – 20, Red – 16, White – 12
Intermediates and Seniors – 3 hours
Blue – 36, Red – 27, White – 20

Individuals or Teams of 2 prepare a tested recipe and create a pleasant table setting for 2. The item can be “American” or from a world culture. A poster with a full-page menu of the whole meal, background information and the recipe must be posted for the public to view (legible from 10 feet). See C1069E for general instructions and 1070 or 1068 Scorecards for evaluation. Either scorecard can be used.

Lot 6 Foods from the Pacific Northwest

Points Allowed
Blue – 36, Red – 27, White – 20

Open to intermediate and senior members. Contestants will bring an educational display (not limited to posters-but must follow EM4573, “4-H Educational Display Guidelines”) and prepare one dish which features an agricultural product produced in the Pacific Northwest. Member must be prepared to discuss with the Judge the preparation and quality of the food product, the educational display and nutritional, historical and cultural aspects of the agricultural product used in the activity. Recipe must be part of the display. No teams allowed. Maximum time 1½ hours.

Lot 7 Food Preservation Contest

Points Allowed
Blue – 14, Red – 10, White – 8

Open to all members enrolled in a foods preservation project only. A team is allowed.

7A Drying – preparation and methods – 1 hour

Points Allowed
Blue – 20, Red – 16, White – 12

7B Freezing and fruit leathers – 1 and ½ hour

Points Allowed
Blue – 36, Red – 27, White – 20

7C Water bath canning of jam/jelly fruits – 2 hours

7D Pressure canning of vegetables – 3 hours

Processing methods must follow current Washington State University and USDA recommendations. Advance registration and completed worksheet are required. Teams are allowed. Contestants demonstrating drying should prepare a food for drying during the allotted time. Since there will not be time for the drying or freezing to be completed, finished samples should be brought from home. Drying of raw meats will not be permitted.

Lot 8 Table Setting Activity

Points Allowed
On the Spot – 30 minutes
Blue – 10, Red – 7, White – 5
Prepared Ahead – 1.5 hours
Blue – 12, Red – 9, White – 7

Participants will create a place setting, explaining the occasion and a menu for a Judge. The On-the-Spot contest will draw from a scenario and use parts on hand for one setting. The Prepared Place Setting will be brought from home with a menu written out and set the table for two on a provided card table. Teams are not allowed and only the Prepared Setting goes to State Fair. The finished setting will be left on display for the duration of Fair. Refer to C1075E for instructions and tips. C1076 Scorecard will be used for evaluation.

Lot 9 – Pie Baking Contest

Points Allowed
Blue – 14, Red – 10, White – 8

Bring your pie and recipe to the 4-H food kitchen in the Presidents’ Hall at 1:00 p.m. on Saturday of Fair week. Open to all members enrolled in a food project. Requirements: A double crust fruit or berry pie in standard baking dish. (The pie is judged at the time and you will take the remainder of your pie with you). NOTE: No pies containing cream cheese or dairy products will be accepted.