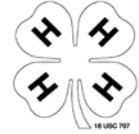




**NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW**  
**Saturday, March 28, 1:00-3:30 P.M.**  
**New London County Extension Center**  
**562 New London Turnpike, Norwich, CT 06360**



Any type of 4-H group, even part of a group may participate. In addition to the food exhibits you may enter a poster. Please register **by March 15**. Exhibitors must be present at the event (do not just send exhibits). Ribbons will be presented.

**Food Exhibit Theme:** “International” (see explanation below)

**Poster Theme:** “**The Food Groups around the World**” What can you tell us about how kids from other countries fill “My Plate”?

<b><u>Schedule:</u></b>	<b>1:00-1:15 p.m.</b>	<b>Arrive and Set Up (<i>eat lunch before arriving</i>)</b>
	1:15	Judging (group interview with evaluator) 4-H’ers visit food activity stations before and after evaluation Posters will be judged at this time
	2:15	Exhibit Sampling – 4-H’ers and guests 4-H’ers are asked <u>not</u> to eat their exhibit before the sampling. Bring extra for others to try. Disposable plates, bowls and utensils will be provided for the sampling session.
	3:15	Recognition followed by Clean Up

**Please prepare the food and pack it so it will stay hot or cold until 1:15, although there is one fridge and one stove at the Center.**

**FOOD EXHIBITS:**

**Club Food Exhibit Theme: “International”**

Plan an exhibit which features foods or a menu inspired by an international theme. You can make an entire meal from one country, or use different countries for each entrée/course. You can get ideas from foreign movies or songs. You could use recipes based on one ingredient used around the world (eggs, rice, corn, etc) or even inspired by the word itself- International Harvester, anyone? Be as creative as you like! **Include recipes for all foods exhibited.** Clubs should enter as a club, not as individuals. The evaluator will talk to each 4-H’er but the youth should plan something together. **Please note that foods may not be prepared from mixes.** Each group will have one table. Please consider food safety: keep cold foods cold and hot foods hot.

4-H’ers must be present for the event and do not just send entries. Set your table for the number of exhibitors in your club plus a judge. If your group is very large, consider 2 group exhibits. It’s okay to bring extra food for the sampling time.

**HOW TO EXHIBIT:**

4-H’ers prepare a snack, part of a meal or an entire meal depending on their age group. They prepare the food prior to arriving and exhibit it as they would serve it to the number of exhibitors in their group. Remember your foods record sheet.

**SENIORS (13-19):** As a group, prepare and exhibit an entire meal. Include a menu plan for the whole day (write on food chart).

**JUNIORS (9-12):** As a group, prepare and exhibit part of a meal. Include a menu chart for the entire meal. What would you serve if you made the whole meal? Juniors may exhibit an entire meal.

**7 & 8 YEAR OLDS:** Prepare and exhibit a nutritious snack. Include a menu chart for a snack.

**BE SURE TO BRING:**

- \*recipes on cards (1 for each food exhibited). Include the ingredients and the preparation steps.
- \*completed menu chart (seniors – 1 day, juniors – 1 meal, 7 & 8 year olds – snack)
- \*Score sheet with the back filled in for the group
- \*the food and extra servings for others to sample
- \*table settings for the number of 4-H'ers in the group

**4-H Food Show Options:** 4-H'ers may also enter a poster.

**POSTER:** theme – *“The Food Groups around the World”* Use markers, crayons, collage, etc. to create any size poster. Every poster displayed at the NLC Food Show will be judged. The poster can be about a specific country or a specific food group, use your imagination! For example, the most common bread in Russia is a rye bread known as ‘black bread, while in China it is a boiled or steamed white bread called mantou.’

**FOOD ACTIVITY STATION:** Each club is invited to have an activity station to give guests and participants something to do while judging is going on. Examples might be: make a nutritious snack, fruit smoothie, trail mix, yogurt parfait, mini wraps, using chopsticks, creative napkin folding, comparing store brand and name brand, what’s on a food label, what is a serving, how much sugar or salt is in a serving of some food , etc.

**REGISTRATION:** Please mail, email to [Pamela.gray@uconn.edu](mailto:Pamela.gray@uconn.edu) or fax to 860. 886-1164 by November 29. Numbers and names of participating 4-H'ers are needed for certificates and name tags, and to make sure we have enough tables set up. Call 860.885.2824 if you have questions. Forms are available on the website as well:

[http://newlondoncounty4h.uconn.edu/New\\_London\\_County\\_Forms.php](http://newlondoncounty4h.uconn.edu/New_London_County_Forms.php)

**PARENTS AND LEADERS:** will be asked to enjoy coffee, tea and conversation in another room or nearby shopping while the 4-H'ers tables are being . Please suggest evaluators or volunteer to evaluate another club.

**NEW LONDON COUNTY 4-H FOOD SHOW REGISTRATION**

562 New London Turnpike, Norwich, CT 06360

[Pamela.gray@uconn.edu](mailto:Pamela.gray@uconn.edu)

Fax: 860.886.1164