



NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW

Saturday, April 9, 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 31**. Exhibitors must be present at the event (do not just send exhibits). Ribbons will be presented.

Let Ms. Pam know if you are an independent member who would like to participate, or a club with only a few members participating. We can create a team across clubs or members.

Food Exhibit Theme: “ABC” (see explanation below)

Poster Theme: “Fitness” What can you tell us about how the importance of fitness? What do you do to stay fit? What are difference ways to be fit in your life?

<u>Schedule:</u>	1:00-1:15 p.m.	Arrive and Set Up (<i>eat lunch before arriving</i>)
	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: “ABC”

Plan an exhibit which features foods or a menu inspired by the Alphabet. You can make an entire meal with each food/recipe beginning with the same letter. You can be as creative as you like! I think 26 foods, one for each letter would be too many, but maybe you just use vowels! Or maybe you feature Alphabet Soup! **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 – *“Fitness”* Use markers, crayons, collage, etc. to create any size poster. Every poster displayed at the NLC Food Show will be judged.

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. Let Ms. Pam know if you would like to set up a station. 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 or fax to 860. 886-1164 by March 31st. 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

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 judged. Please suggest evaluators or volunteer to evaluate another club.

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562 New London Turnpike, Norwich, CT 06360

Pamela.gray@uconn.edu

Fax: 860.886.1164



EXTENSION

An equal opportunity employer. To file a complaint of discrimination, write USDA, Director, Office of Civil Rights, Room 326-W, Whitten Building, Stop Code 9410, 1400 Independence Avenue, SW, Washington, DC 20250-6410, or call (202) 720-5964. If requested by a program participant at least 72 hours in advance, every effort will be made to provide special accommodations.