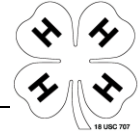




## NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW

Saturday, March 25, 1:00-3:30 P.M.

Yantic Fire Department, 151 Yantic Rd., Yantic



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 20**. 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:** “Special Occasions” (see explanation below)

**Poster Theme:** “What’s Your Diet?” What are some dietary restrictions? What information can you share in your flyer about people who are diabetic, gluten-free, have a food allergy, or are required to eat differently?

<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: “Special Occasion”**

Plan an exhibit which features foods or a menu inspired by a Special Occasion. Think of a holiday, baby shower, birthday or any special occasion your family celebrates. You can 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 (7-12):** 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.

**EXPLORERS (5-6):** As each Explorers Club is a singular club, they should participate at the food show with their own foods as their club. There will be adult who will visit each club to engage the

4-H'ers in a conversation about what they learned and enjoyed about participating in the food show. The club can fill out together the Explorers Snack Planning Sheet.

It is up to the Leader's discretion on how many snacks the club will make, and if they are made by the club together or individually at home. A pdf for an activity to make a simple place setting is attached along with the planning sheet. Table decorations and costuming does not need to be elaborate.

If the Explorers Club is participating in the Food Show alongside an older 4-H Club, they should plan and prepare the snacks independently. They may share a table (decorations, etc) but sit separately at each end so the older youth can be judged and the Explorers can converse with their adult reviewer.

Each Explorer will receive the Food Show participation ribbon.

**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, Explorers – 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, including Explorer Clubs, may also enter a poster.

**POSTER:** theme – *“What's Your Diet”* Use markers, crayons, collage, etc. to create any size poster. Every poster displayed at the NLC Food Show will be judged (excluding Explorers).

**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. These will be set up in the hallway.

**REGISTRATION:** Please mail, email to [Pamela.gray@uconn.edu](mailto:Pamela.gray@uconn.edu) or fax to 860. 886-1164 by March 20<sup>th</sup>. 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 judged. 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



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.