

## **National 4-H Food Challenge Rules & Policies - 2019**

### **Contest Eligibility:**

1. A state/territory/District of Columbia is permitted to enter four teams into the National 4-H Food Challenge contest each year.
2. All contestants must be members of 4-H in the state they are representing during the year in which the National 4-H Food Challenge is held.
3. Individuals may enter the National 4-H Food Challenge contest only once.
4. Each team member must be age-eligible to compete in his/her state's senior level contest at the time of qualification. (Senior 4-H members are often ages 14-19 or in grades 9 thru 12, but qualifying specifications vary by state.)
5. Contestants of teams must be certified as the official state entry by the State 4-H Leader or by a person designated by the State 4-H Leader. The state team entries may be determined through a state developed procedure as directed by the State 4-H Leader.

### **Contest Rules:**

1. The contest will consist of four categories:
  - a. Protein
  - b. Fruit & Vegetable
  - c. Grains
  - d. Dairy
2. Teams will be randomly assigned to a category, which will not be announced until contest check-in the day of the contest.
  - a. Please note, based upon the number of entries, it is at the discretion of the contest committee to determine if all teams will compete against each other (in the same category) or be assigned to categories. Whether or not teams are assigned to categories will also determine if a "final round" is held. Once all entries are received, teams will be notified of the committee's decision.
3. Teams may be made up of 2-4 individuals.
4. Each team must supply their own equipment for the Food Challenge contest. Teams may only bring the supplies listed in the contest supply box list. Supply boxes will be checked by contest officials as teams check in for the contest. Any unapproved equipment will be removed from supply boxes and placed at a storage location outside of the contest room. It is up to each team on what type of box is used to store their supplies.
5. Teams should be prepared to only use one heat source at a time during the preparation phase of the contest to avoid electricity issues.

6. Each team should dress appropriately for the preparation of food (i.e. no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc.). Each team has the option of coordinating clothing, aprons or hair coverings.
7. No electronic devices (phones, tablets, smart watches, etc.) will be allowed during the contest.
8. Educational programs of the Texas A&M AgriLife Extension Service are open to all people without regard to race, color, sex, religion, national origin, age, disability, genetic information, or veteran status. Persons or participating teams in need of auxiliary services, accessibility needs, with special dietary concerns or food allergies should contact contest coordinator Julie Gardner. Needing auxiliary services need to contact contest coordinator, Julie Gardner via email at [j-gardner@tamu.edu](mailto:j-gardner@tamu.edu) by September 1, 2019.

### **Contest Procedures:**

1. An orientation will be provided for all participants.
2. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station. The ingredients will represent the category to which the team has been assigned.
3. With the ingredients provided, along with access to a pantry of additional ingredients, each team will have 40 minutes to plan and prepare a dish, plan a presentation, determine the cost of the dish, and clean up their assigned preparation area.
4. Teams must incorporate each ingredient provided in to their dish.
5. Teams must use at least two additional items from the pantry. The items provided in the pantry will be typical of what one can find in a pantry at home including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices.
6. Teams must present to the judges a single plated serving of the dish created.
7. Educational resources will be provided to teams during the preparation phase of the contest. No other educational resources are allowed at the contest. The resources provided include:
  - a. Choose My Plate – 10 Tips to a Great Plate
  - b. Fight Bac – Fight Foodborne Bacteria Brochure
  - c. Know Your Nutrients
  - d. Grocery receipts/Cost Information
8. Teams will be evaluated by judges during the preparation phase of the contest on teamwork, safety concerns and practices, preparation, and management. Descriptions of each element can be found on the National 4-H Food Challenge Preparation Scorecard.
9. Only participants and contest officials will be allowed in the food preparation area; however, spectators may watch from assigned areas.

10. Contest officials are not responsible for any equipment malfunctions the team may experience during the preparation period.
11. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container, bag or box to be cleaned at home.
12. After the preparation phase of the contest, each team will give a presentation to a panel of judges. All team members must participate in the presentation.
13. Each team is allowed up to five (5) minutes for their presentation, during which they should highlight: knowledge of MyPlate, nutrition knowledge, chronic disease prevention, food preparation, safety concerns and practices, serving size information, and cost analysis of the dish prepared. Judges will also take into consideration the appearance and quality of the food, the team's creativity, effective of communication, and teamwork when scoring the team presentation. Teams should refer to the National 4-H Food Challenge Presentation Scorecard for more details about the scoring of the team presentation.
14. Judges may taste the teams' dish at their personal discretion.
15. Following the team presentation, the judges may ask questions of the team, which will be considered by the judges when scoring the overall presentation.
16. The top team in each category will compete in a Final Challenge to determine a national champion. All contest rules and procedures apply in the Final Challenge. Note: See 2a in "Contest Rules" for additional details.
17. Teams advancing to the Final Challenge will be provided with access to a facility to wash their supplies prior to the start of the Final Challenge. Note: See 2a in "Contest Rules" for additional details.
18. In the Final Challenge, teams may be presented with an additional item (equipment/appliance) to use when preparing their recipe dish. Note: See 2a in "Contest Rules" for additional details.

#### **Awards:**

1. Team awards will be determined by the committee and are based on sponsorships.
2. First through fifth place teams in each category will be recognized. Note: See 2a in "Contest Rules" for additional details regarding number of teams and categories.
3. Mystery awards may also be given and are based on sponsorships and committee decision. Examples of mystery awards may include, but are not limited to, awards to teamwork, spirit, and kitchen safety.

**General Information:**

1. When registering, each team must designate a coach.
2. All youth and adults participating in any activities affiliated with the National 4-H Food Challenge must register through their state 4-H program.
3. All participants (contest and educational activities) are required to have adequate adult chaperones, in accordance with their respective state 4-H program's chaperoning guidelines.
4. Travel and lodging arrangements are the responsibility of each state delegation.
5. Additional information and resources for the National 4-H Food Challenge are available on the National Food Challenge Website: <http://nationalfoodchallenge.org/>
6. Questions may be directed to Julie Gardner, Texas A&M AgriLife Extension Service – 4-H & Youth Development Program, [julie.gardner@ag.tamu.edu](mailto:julie.gardner@ag.tamu.edu), 979.845.1484

## **National 4-H Food Challenge Team Supply Box**

Teams competing in the National 4-H Food Challenge are allowed to have the following supplies for the contest. Teams may organize their supplies in any type of box, including but not limited to, a plastic storage box or a set of plastic storage drawers.

***Please note:*** Only one of each item is allowed, unless otherwise noted.

Beverage glass	Liquid measuring cup
Bowls	Measuring spoons (1 set)
Dip Size (1)	Non-stick spray
Mixing (2)	Note cards (no larger than 5 x 7)
Serving (1)	Pancake turner
Calculator	Paper towels (1 roll)
Can opener	Pencils (no limit)
Colander	Plastic box and trash bag for dirty supplies
Cookie sheet	Pot with lid
Cutting boards (2)	Potato masher
Disposable tasting spoons (no limit)	Potato peeler
Dry measuring cups (1 set)	Sanitizing wipes
Electric skillet	Serving platter or plate
Extension cord*	Serving utensil
First aid kit	Skewers (1 package – wood or metal)
Food Thermometer	Skillet with lid
Fork	Spatula (2)
Gloves	Stirring spoon
Grater	Storage bags (no limit)
Hand sanitizer	Tongs (1 set)
Hot pads (up to 5)	Two single-burner hot plate OR One double-burner hot plate – ELECTRIC ONLY
Kitchen shears (1 pair)	Whisk
Kitchen timer	
Knives (4)	