

## **National 4-H Food Challenge Rules & Policies - 2022**

### **Contest Eligibility:**

1. A state/territory/District of Columbia is permitted to enter up to four teams into the National 4-H Food Challenge contest each year.
2. The eligibility requirements to enter a National 4-H Competitive Event or a Multi-State 4-H Competitive event are:
  - a. Contestant must already have passed his or her 14th birthday, and may not have reached his or her 19th birthday as of January 1 of the year in which the National 4-H Competitive Event is held. However, the State 4-H Leader may grant a special authorization to compete, for youth with developmental disabilities who exceed the upper age limit.
  - b. All contestants must be members of 4-H in the state they are representing during the year in which the National 4-H Competitive Event is held.
  - c. The contestant(s) or team(s) of contestants 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 individual(s) or team (s) may be selected by any procedure the State 4-H Leader believes is appropriate.
  - d. The contestant, his or her county 4-H staff member, and the State 4-H Leader must certify as follows on the application form or an accompanying memo: *“This contestant has not participated in post-secondary coursework in the subject area of the national 4-H competition, nor has he or she participated in training for post-secondary competition in the subject area of the national 4-H competition.”*

Violation of the above will result in forfeiture of any awards or recognition which have been won in the National 4-H Competitive Event.

3. 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 randomly checked by contest officials during the contest. Any unapproved equipment will be removed from supply boxes and placed at a storage location outside of the contest area. 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. Teams that experience any equipment malfunction(s) may not replace the equipment with supplies from another team, leaders, volunteers, county Extension agents or contest officials. Instead, team members must work together and be creative in completing preparation.
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 or jewelry (except for medically required) is allowed in contest. This includes cell phones, smart watches, or other communication devices. Team members caught with and/or using electronic devices (except for medically required) will automatically disqualify the entire team and be asked to leave.
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 [julie.gardner@ag.tamu.edu](mailto:julie.gardner@ag.tamu.edu) by September 1, 2022.

### **Contest Procedures:**

1. An orientation will be provided for all participants.
2. Each team will be directed to a cooking/preparation station (one table). There will be a “key” ingredient at each station. No ingredient amounts, recipe, or instructions will be provided at the station. The “key” ingredient will be representative of the category to which the team has been assigned.
3. With the “key” ingredient provided, along with access to a “grocery store” 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 “purchase” and use at least two items from the “grocery store.” The items provided in the will be typical of what one can find in a store including, but not limited to, canned goods, dry goods, crackers, cereals, chips, and spices. These items will be “purchased” using a pricing system and contest currency. This will enable teams to analyze the cost of their entire dish and individual serving. Teams may not exceed the provided “contest currency” or trade “currency” or grocery store items with other teams. Teams will be provided a set dollar amount to “spend” at the store; each item in the store will be priced and teams must calculate cost according to total spent. Teams should not create side, multiple dishes, and/or drinks with their ingredients or “grocery store” items.
5. Teams should present the entire dish/ recipe to the judges and communicate during their presentation what an individual serving size should be. Teams should be prepared to serve 3 individual servings to the judges if requested. Plates and utensils for the individual servings will be provided by contest officials. Teams will be responsible for determining the number of servings their dish provides.
6. 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. MyPlate Mini Poster
  - b. Fight Bac – Fight Foodborne Bacteria Brochure
  - c. Know Your Nutrients
  - d. Food & Kitchen Safety Fact Sheet
7. 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.
8. Only participants and contest officials will be allowed in the food preparation area; however, spectators may watch from assigned areas.
9. Contest officials are not responsible for any equipment malfunctions the team may experience during the preparation period.
10. 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.
11. 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.

Judging time will include:

- 5 minutes for presentation
  - 3 minutes for judges’ questions
  - 3 minutes between team presentations for judges to score and write comments.
12. 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.

13. Judges may taste the teams' dish at their personal discretion.
14. Following the team presentation, the judges may ask questions of the team, which will be considered by the judges when scoring the overall presentation.
15. 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.
16. 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.
17. 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 third place teams in each category will be recognized. Note: See 2a in "Contest Rules" for additional details regarding number of teams and categories.

#### **General Information:**

1. When registering, each team must designate a coach. All correspondence will be sent to the designated coaches email address on the submitted form.
2. The members of Texas A&M AgriLife, Texas 4-H, National Food Challenge Committee, and the State Fair of Texas will provide equal opportunities in programs and activities, education, and employment to all persons regardless of race, color, sex, religion, national origin, age, disability, genetic information, veteran status, sexual orientation, or gender identity. Individuals with disabilities who require an auxiliary service, special dietary needs, or accommodation to participate, will need to request their needs 14 days prior to event by contacting Julie Gardner [julie.gardner@ag.tamu.edu](mailto:julie.gardner@ag.tamu.edu)
3. All youth and adults participating in any activities affiliated with the National 4-H Food Challenge must register through their state 4-H program.

4. 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.
5. Travel and lodging arrangements are the responsibility of each state delegation.
6. Additional information and resources for the National 4-H Food Challenge are available on the National Food Challenge Website: <http://nationalfoodchallenge.org/>
7. 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) , 979-321-5332

## **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 (2)
Calculator	Paper towels (1 roll)
Can opener	Pencils (no limit)
Colander	Plastic box and/or trash bag for dirty supplies
Cutting boards (4)	Pot with lid
Disposable tasting spoons (no limit)	Potato masher
Dry measuring cups (1 set)	Potato peeler
Electric skillet	Sanitizing wipes
Extension cord	Serving platter or plate
First aid kit	Serving utensil
Food Thermometer	Skewers (1 package – wood or metal)
Fork	Skillet with lid
Gloves	Spatula (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (no limit)
Hot pads (up to 5)	Tongs (2 sets)
Kitchen shears (1 pair)	ELECTRIC hot plate (single or double burner)
Kitchen timer	Whisk
Knives (6)	