

Valley Favorite Foods Day

REGISTRATION DUE (mandatory): Friday, April 2, 2021 (No late entries accepted)

WHEN: Saturday, April 17, 2021

WHERE: Millville IOOF Building - 22551 Silverlode Lane, Palo Cedro

THEME “Hawaiian”

COORDINATED BY: West Valley 4-H

REGISTER HERE: <http://ucanr.edu/survey/survey.cfm?surveynumber=33388>

SCHEDULE (Approximate times)

11:00 - 11:45 am Check-in and set up entries. **NO LATE ARRIVALS.**

11:30 Judges Orientation

12:00 - 1:00 pm Judging

Judging begins in all categories. **All adults are to stay out of the judging area.** Each member is to sit by their food entry, serve each judge a sample (*servings for judges must be pre-served and wrapped individually*), and answer any questions. *Members with multiple entries should watch for the judges as to which entry is judged first.* Members must remain with the entry, if feasible, until all judging is completed for that specific category. Members with multiple entries may not be able to stay with each particular entry. *When members are dismissed from their final class, they are to go to the Food Quiz area.*

Following the completion of all judging, the foods will be open for viewing and picture taking.

Exceptions - Members are not to remain with their entries for Edible Centerpieces, or Decorated Cakes. They go to the Food Quiz area to take part in the fun activities, then head to a waiting area when they are finished.

Food Quizzes - All members are invited to take part in this quiz to see how knowledgeable they are about foods and related subjects. *Bring a pencil and take the challenge!*

Awards Ceremony - 2:00 pm

NOTE: Participants may not leave until the awards ceremony is complete if they wish to receive credit for attendance.



IMPORTANT INFORMATION

FOR THIS YEAR SEVERAL CATEGORIES WERE REMOVED. FOR JUDGING YOU WILL NEED TO BRING 3 INDIVIDUALLY WRAPPED SERVINGS FOR JUDGES.

EVENT ELIGIBILITY: This event is open to all 4-H members. Please check the category rules for entry restrictions

MENU CARD: Prepare one for each entry except 8. Type or neatly print on the sample menu card or make your own to fit your place setting. Menus must be **nutritionally balanced**. Circle your entered Favorite Food Prepared. Place the recipe for the entry on the back of the card. Be sure to include your name, project, year in project, club and grade. Bring to the event and set on the table with place setting.

UNIFORMS: Uniforms are acceptable, but not required. Clothing must be neat and clean.

PLEASE NOTE: Adult leaders and parents will **NOT** be allowed in the competition area until all judging is completed. There will be activities planned for parents in a separate room during the judging period. All Stars, Junior/Teen Leaders and older members will be available to help younger members and answer questions following check-in. Leaders and parents are to help fill out any required paperwork in advance. Allow enough time if you have entries in more than one category.

FOOD PREPARATION: Foods may be prepared using any source. No food preparation will be allowed at the event. They must be complete and ready for judging when brought in, to include 3 individually wrapped servings for the judges. All foods must be prepared with fresh ingredients. If presenting hot foods and prepared prior to the event day, properly refrigerate or freeze, then properly warm for presentation. Pack dishes properly - hot dishes stay hot and cold stay cold. *Items may be kept in the facility refrigerator or oven upon request.* **Cream pies are prohibited for health reasons.**

AWARDS

Danish system of judging (blue, red and white ribbons) will be used. Medals awarded to top scoring entry in each category, each division. Primary participants will receive one participation pin. Entries will not be released until awards ceremony is completed.

AGE DIVISIONS AND CARD COLORS

Primary (5-8): PINK

Junior (9-10): WHITE

Intermediate (11-13): YELLOW

Senior (14+): GREEN



CATEGORIES

- | | | | |
|--------------|----------------------|-----------------------------|-----------------|
| 1. Main Dish | 5. Decorated Cake | 8. Edible Centerpiece | 12. Appetizer |
| 2. Salad | 6. Market Animal | 10. Primary Member Division | 14. Dairy Foods |
| 3. Dessert | 7. Food Preservation | 11. Breads | |

CATEGORY RULES & REQUIREMENTS

Category 1 - 3 - Bring one complete place setting for the course being served. This includes: plate(s), napkin, place mat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc. The place settings or centerpieces are expected to fit the theme. **Be sure to bring 3 individually wrapped servings for judging.** Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.

Category 5 - Decorated cakes should follow the theme. No individual cupcakes. All cakes will be judged for appearance only. Recipe method is not a consideration. Include a menu card showing use of cake. Cake forms may be used.

Category 6 - Any 4-H member enrolled in a Market Animal project (beef, sheep, swine, meat goat, rabbit, or poultry) may enter a food item using meat from their market animal species. A nutritionally balanced menu card and recipe **MUST** be included along with a complete place setting. The place setting and menu are expected to fit the theme. *Participation here **DOES** meet SDF Contract requirements.* **Entry in this division must have more than one step in the preparation process.** Example: slice of ham (*not acceptable*) vs. casserole with broccoli, rice and ham (*acceptable*).

Category 7 - Entrants prepare and serve a dish or bread using the food they have preserved. Bring a complete place setting for the course being served. Include recipe and menu card.

Category 8 - Create a sculpture from foods like cheese, crackers, vegetables, nuts & fruits, and edible flowers. Creations may be on wicker, foam, paper plates, plastic, etc. Be sure the theme is followed and at least 5 fruits and/or vegetables are used. A card giving directions on how the centerpiece was assembled is required.

Category 10 - Primary members should enter their item under the Primary category.

Category 11 - Prepare your bread using the appropriate utensils and dishes for serving. You must include a menu card with your recipe. A place setting for your bread should follow the theme.

Category 12 - Prepare your appetizer using the appropriate utensils and dishes for serving. You must include a menu card with your recipe. A place setting for your appetizer should follow the theme.

Category 14 - Bring one complete place setting for the course being served. This includes: plate(s), napkin, placemat, utensils, and beverage glass(es). Members have the option of using paper, glass, pottery, wicker, plastic, etc. The place settings or centerpieces are expected to fit the theme. **Be sure to bring 3 individually wrapped servings for judging.** Menu card **MUST** be nutritionally balanced. Small centerpieces and decorative touches are optional.





(FOLD)

(MENU)



Name: _____

Project: _____

Club: _____ **Age:** _____

Year(s) in Project: _____

Menu-(Circle Favorite Food Item):

SCORING CRITERIA

Categories 1 - 3, 6, 11, 12 & 14

Neat in appearance	10
Personal cleanliness	5
Pleasant, Interesting	5
Menu nutritionally balanced	10
Menu: Food color combo	5
Menu: Texture of food	5
Recipe posted on card	5
Flavor of food prepared	20
Food: Good color	5
Food: Good texture	5
Attractive place setting	10
Order of utensils & dishes	10
Theme	5

Points Possible 100

Category 5

Overall design, relates to theme	20
General appearance	20
Selection of colors	15
Preparation	15
Border	10
Frosting	10
Icing originality	10

Points Possible 100

Category 8

Follows theme	25
Appearance	15
Only edible items	10
Shows imagination	10
Recipe (directions)	10
Design	30

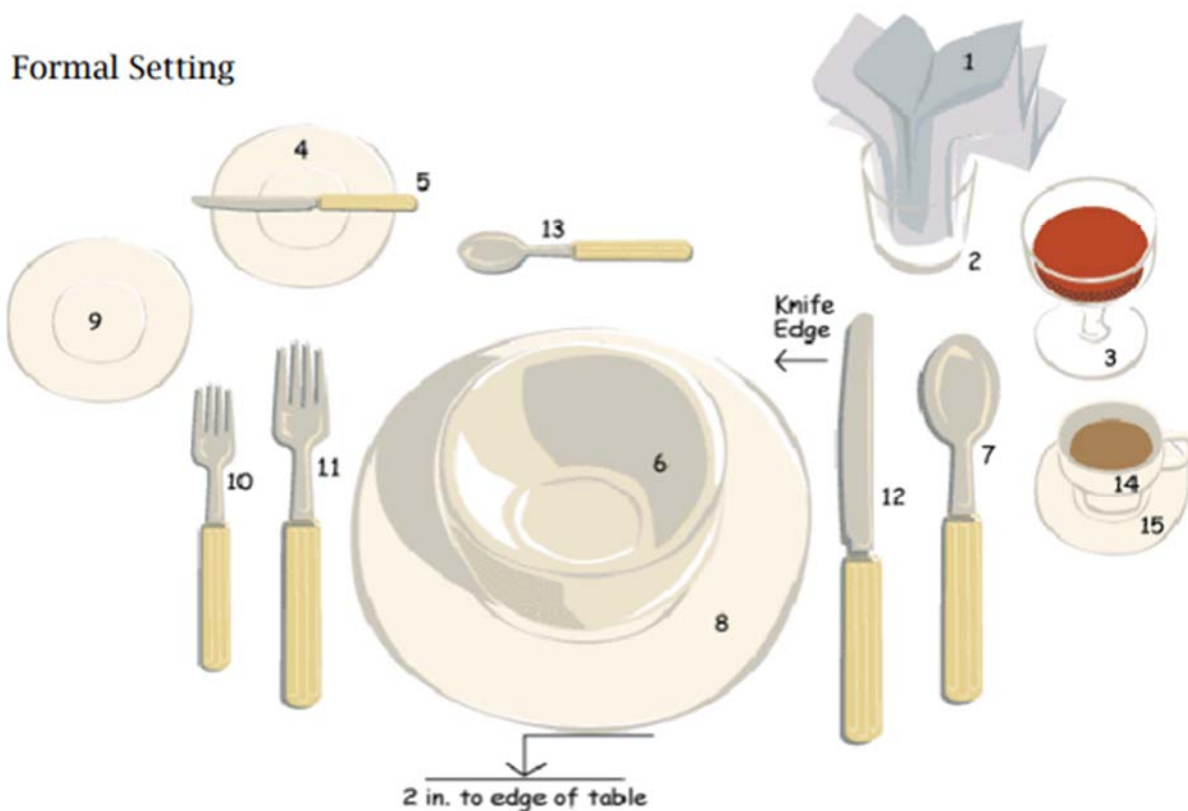
Points Possible 100

Category 7

Scoring is the same as Categories 1 - 3, 6, 11 & 12, with correct utensils eliminated and proper food preservation added.

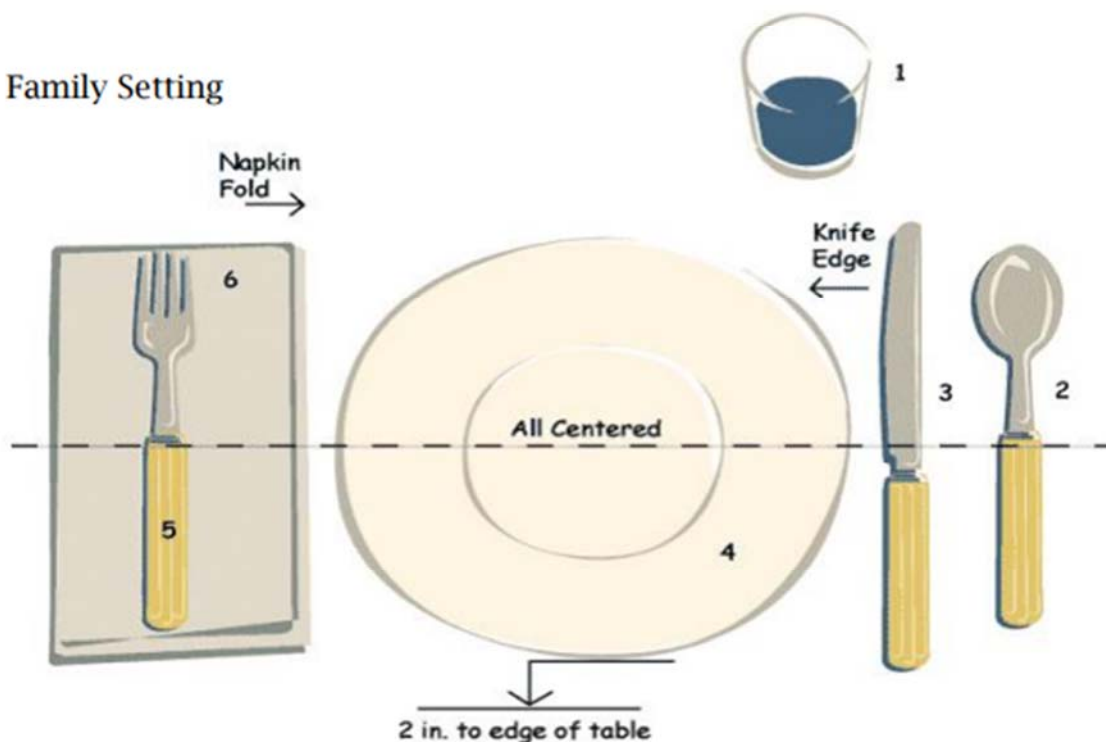


Formal Setting



- | | | | | |
|-----------------|------------------|-------------------|----------------|----------------|
| 1. Napkin | 2. Water glass | 3. Wineglass | 4. Bread plate | 5. Bread knife |
| 6. Soup bowl | 7. Soup spoon | 8. Dinner plate | 9. Salad plate | 10. Salad fork |
| 11. Dinner fork | 12. Dinner knife | 13. Dessert spoon | 14. Coffee cup | 15. Saucer |

Family Setting



- | | | | | | |
|-------------------|----------|----------|-----------------|---------|-----------|
| 1. Drinking glass | 2. Spoon | 3. Knife | 4. Dinner plate | 5. Fork | 6. Napkin |
|-------------------|----------|----------|-----------------|---------|-----------|