Food Fiesta

Saturday November 5, 2022

9am - 1pm

Summit Intermediate

5959 East Ave, Rancho Cucamonga, CA 91739

Come join the FOOD FUN!

All 4-H members may enter!

Register for **Food Presentations** and **Cupcake Wars**,here:

<https://forms.gle/wQMdtvA6meMNV9cNA>

**No Paper Registration! You must register at the link above!**

You will be required to submit your recipe with your entry. Recipes must list the source.

(website, cookbook, magazine, etc.)

**The Deadline for entries is October 23, 2021**

**Late entries will NOT be accepted**

**Every member that enters that gets a free cookbook.**

**Additional cookbooks will be available for purchase $5 at the event.**

No food will be tasted by evaluators or members. The person who made the food and their immediate family may eat the food. **No sharing of food whatsoever!**

**Community Service Project:** We are collecting canned food– any non-perishable items that does not need to be refrigerated: granola bars, crackers, chips, fruit snacks, cake mix; meal items: bread, tortillas, pasta, rice, canned goods, salad dressings and toppings, stuffing, mac and cheese, hamburger helper, etc.) Anything!

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**Category 1: Tablesetting**

**Category 2: Foods**

**Category 3: Fruits and Vegetables**

These categories will be submitted as a presentation to the evaluators. Members will present their prepared dish to the evaluators as an oral presentation.

The presentation should include:

• Introduction – your name, club, how long you have been in 4-H. What are you presenting – name of recipe or fruit or vegetable, theme of tablesetting. Why did you choose it? You may use an opening device to create interest.

• Body - How did you make the recipe or how did you grow and/or selected the fruits and vegetables. Explain any challenges you had. What was the most difficult part? What did you learn? Tell your favorite part or anything unexpected that happened. You may show an individual serving on a separate plate during your presentation (e.g., cut a piece of cake or slice of bread or open your preserved food and place on a plate to show the evaluators.) No food will be tasted by evaluators.

• Conclusion – Do you like your entry? Would you make this recipe or choose this category or theme again? Why or why not? Ask the evaluators if they have any questions.

Be prepared to answer questions. Your presentation should be no more than 5 minutes.

**Category 1. Tablesetting**

**Limited to one entry per member.**

Registration is not complete if the recipe information is missing.

Plan a menu (i.e. breakfast, dinner, snack, etc.). Consider nutrition and a balanced meal, color, texture, and flavor.

Pick one item from your menu from any source that you will prepare. Your recipe cannot be made solely from a prepackaged food (e.g., chili in a can, Hamburger Helper, a pumpkin bread mix, etc.). You may use a mix or prepackaged food if it is part of a recipe (e.g., candy bars, crackers, Jell-O mix, or cake mix used with other ingredients in a recipe). Select a coordinated place setting (tablecloth, placemat, dishes, flatware, etc.) suitable for the menu. Any container on the table will be evaluated.

Your recipe and table setting should be complete and set up prior to 9:30 am on November 5th. You must bring your own table. Any small table is fine. Members may share each end of a larger table.

Items that must be included in the tablesetting: one place setting; menu card; the prepared recipe from your menu in appropriate dish, casserole, etc. Optional: centerpiece.

You will be evaluated on 1) your oral presentation 2) the appearance of the prepared food; 3) the menu; 4) the tablesetting; and 5) appropriate attire for the occasion. (4-H uniform is acceptable, but not necessary.)

Awards: 1st through 3rd ribbons. One Medalist will be selected from all 1st place winners in each age category per class. One overall Best of Show will be selected per class from all Medalists. All Primary members will be given a participation award.

For Table Setting, Centerpiece, Menu Planning and Food Safety Guidelines, go to: <https://drive.google.com/drive/folders/1kJaHOdj7alHnJ0IACjRXsEjQqWm16Brf?usp=sharing>.

**Category 2. Foods and Nutrition**

**Limited to two entries per member.**

Registration is not complete if the recipe information is missing. For the Food preservation class, your recipe must include the method of preservation.

Prepare a recipe appropriate to the category. Your recipe cannot be made solely from a prepackaged food (e.g., chili in a can, Hamburger Helper, a pumpkin bread mix, etc.). You may use a mix or prepackaged food if it is part of a recipe (e.g., candy bars, crackers, Jell-O mix, or cake mix used with other ingredients in a recipe). You may use a cake mix for the Decorated Cake class. Select an appropriate container for presentation.

Your recipe should be complete and plated for presentation prior to 9:30am on November 5th.

You will be evaluated on 1) your oral presentation; 2) the appearance of the prepared food; 3) neatness of the food presentation; and 4) appropriate attire for the occasion. (4-H uniform is acceptable, but not necessary.) For the Cake Decorating class, you will be evaluated on your cake decorating skills.

No food will be tasted by evaluators or members. The person who made the food and their immediate family may eat the food. **No sharing of food whatsoever!**

Awards: 1st through 3rd ribbons. One Medalist will be selected from all 1st place winners in each age category per class. One overall Best of Show will be selected per class from all Medalists. All Primary members will be given a participation award.

For Food Safety Guidelines, go to <https://drive.google.com/file/d/1EkUWH8b93TsbRKe5BlUC_2qYT_Ns7K4y/view?usp=sharing>.

**Class 1: Savory/Main Dish/Soup**

**Class 2: Breads/Rolls**

**Class 3: Favorite Desserts**

**Class 4: Cookies**

**Class 5: Candies/Confections**

**Class 6: Decorated Cake**

**Class 7: Preserved Foods -** You must be in a Food Preservation project to enter this category.

**Class 8: Decorated Cookie Jar-** You must include a cookie recipe and baked cookies.

**Category 3. Fruits and Vegetables**

**Limited to two entries per member**

The quality desired in agricultural exhibits is the quality that brings the best financial return in the commercial market, and such exhibits must be at least equal in maturity as the state of ripeness required by Section 42513 of the California Agriculture Code. *Section 42513:* *Mature means having reached that state of ripeness which will insure palatability, after the removal of product from the tree, plant, or vine. Section 42515, Overripe means having an advance state of maturity which causes the product to be undesirable for human consumption in a fresh state.*

Your display should be complete and plated for presentation prior to 9:30am on November 5th.

You will be evaluated on 1) your oral presentation; 2) the uniformity of the specimens - size, color, and ripeness; and 3) appropriate attire for the occasion. (4-H uniform is acceptable, but not necessary.)

Awards: 1st through 3rd ribbons. One Medalist will be selected from all 1st place winners in each age category per class. One overall Best of Show will be selected per class from all Medalists.

**Class 9: Homegrown Fruit Display -** Fruit must be produced by the exhibitor. Variety of products must be adequately and correctly labeled. Specimens must have stems and leaves attached. Plate to contain at least 3 specimens (unwashed).

**Class 10: Homegrown Vegetable Display -** Vegetables must be produced by the exhibitor. Variety of products must be adequately and correctly labeled. Specimens must have stems, roots, or vines attached. Plate to contain at least 3 specimens (unwashed).

**Class 11: Purchased Fruit Display -** Fruit must be selected or purchased by the exhibitor. Variety of products must be adequately and correctly labeled. Plate to contain at least 3 specimens (unwashed).

**Class 12: Purchased Vegetable Display -** Vegetables must be selected or purchased by the exhibitor. Variety of products must be adequately and correctly labeled. Plate to contain at least 3 specimens (unwashed).

**4-H Cupcake Wars**

Each entrant **must bring their own decorating supplies including frosting**. Members need to be ready to decorate by 9:30am on November 5th. All decorations must be edible. No plastic picks or store-bought figures allowed. You acknowledge by entering that you must provide four cupcakes and your own decorating supplies and will be asked to decorate four different themed cupcakes. A time limit of twenty minutes will be given for decorating time.

You will prepare to decorate four different themed cupcakes during the 20-minute Cupcake Wars time period. All decoration must be completed only during the 20-minute competition. Evaluators will be watching as you complete decorating. When the time period has passed, the cupcakes will be placed in front of you on your table so that they are fully visible while the evaluators complete their evaluation.

The four themes are: **Island, Ocean, Sea Animal, and 4-H**. You must do one cupcake for each of the four themes.

You will be evaluated on 1) creativity of decorations; 2) workmanship; 3) originality; and 4) neatness.

Awards: One Medalist for each age category. One Best of Show Cupcake Wars Champion will be selected from the Medalists. All Primary members will be given a participation award.

**4-H Nailed It!**

All materials will be supplied the day of the event. Members need to be ready to decorate by 9:30am on November 5th. A time limit of twenty minutes will be given for completing an item.

You will be presented with a prebaked item to recreate.

You will be evaluated on 1) workmanship; 2) neatness; and 3) originality

Awards: One Medalist for each age category. One Best of Show Nailed It! Champion will be selected from the Medalists. All Primary members will be given a participation award.