



Memo To: District 10 County Extension Agents
Subject: 2009-10 District 10 Food Challenge Contest Letter

From: Cheryl Mapston
District Extension Administrator

Cheryl Newberry
Extension Program Specialist—4-H

The District 10 4-H Food Challenge will be held **January 11, 2010 at the LBJ Student Center, Texas State University in San Marcos**. This contest, modeled after such competitions as the Food Network's "Iron Chef," challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. Below are the details about the District 10 Contest.

Tentative Schedule: (subject to change depending on number of entries)

8:30 a.m. Agent Committee Arrives in San Marcos to prepare for contest
12:00 p.m. All Agents Arrive -- Agent Orientation – Room 3-14.1 (eat lunch before you arrive!)
12:30-1:00 Registration for Junior Teams and inspection of Team Supply Boxes -- Lobby
1:00 Orientation for Junior Teams and Leaders – Teaching Theater
1:00 Orientation of all Judges – Room 3-14.1
1:30-2:10 Round 1 – Junior Team Preparation -- Ballroom
1:45-2:15 Registration for Intermediate Teams and Inspection of Team Supply Boxes -- Lobby
2:15 Orientation for Intermediate Teams and Leaders – Teaching Theater
2:15 Presentations and Judging begins for Junior Teams

- Teams will wait to be judged in room 3-14.1 and be taken to their judging room.

2:30-3:10 Round 2 – Intermediate Team Preparation -- Ballroom
2:45-3:15 Registration for Senior Teams and Inspection of Team Supply Boxes -- Lobby
3:15 Orientation for Senior Teams and Leaders – Teaching Theater
3:15 Presentations and Judging begins for Intermediate Teams

- Teams will wait to be judged in room 3-14.1 and be taken to their judging room

3:30-4:10 Round 3 – Senior Team Preparation -- Ballroom
4:15 Presentation and Judging begins for Senior Teams

- Teams will wait to be judged in room 3-14.1 and be taken to their judging room

Approx. 5:30 Awards Program – Teaching Theater

Age Divisions:

There will be three age divisions for the Food Challenge. 4-H'ers age will be determined based on their age on August 31, 2009.

- Juniors – 8, 9, or 10 as of August 31, 2009
- Intermediates – 11, 12, or 13 as of August 31, 2009
- Seniors – 14-18 as of August 31, 2009

Team Information and Number of Entries:

An entry for the Food Challenge consists of teams of 3 to 5 members in the same age division. If a county does not have enough 4-H'ers in an age division to create a team, the following age groups may combine to create teams:

Juniors may move up to the Intermediate age division and the team will compete as an Intermediate team.

Intermediates may NOT move up to the Senior age division.

Counties may advance the following number of teams in each age division:

- Juniors – 2 teams
- Intermediates – 2 teams
- Seniors – 2 teams

Here are suggestions on how counties may conduct their County Food Challenge to determine what two teams will advance to the District Contest.

- At the county contest, all teams within one age division are judged against each other and placed (not judged and placed according to food category).
- If your county has a large participation in the County Contest and you plan to use more than one set of judges for an age division (i.e. a set of judges for each food category), you may need to have 1st place teams in each food category do a second presentation/interview with a new set of judges to determine which two teams will advance to District.
- Counties may choose to have only two food categories for each age division at the County Food Show. First place winners in each food category will advance to District.

There will be four food categories in each age division at the District Contest: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

Contest Registration:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$7 per person and will cover contest food and supplies, insurance, and awards.

Registration will be open on 4-H Connect December 1-16, 2009. Late registration will extend through December 18, 2009 with an additional late fee of \$5.00 added to registration. No refunds will be given for Food Challenge. Registration will not be certified until December 16 so if someone decides not to participate, they can cancel up until December 16. After that date, once they are certified, a substitution may be made if someone decides not to go or is ineligible. Substitutions must be provided to the District Office from the County Office by e-mailing Cheryl Newberry.

Each participant will be required to list all of their team members so please make sure that youth know who their team members are so they can complete their registration. Counties will also need to double-check the participant names to confirm that entries are correct before they certify entries.

Contest Rules & Guidelines:

County teams will need to review the Texas 4-H Food Challenge Manual for all of the contest rules and guidelines. The manual can be downloaded from the following website:

<http://texas4-h.tamu.edu/projects/foodchallenge/Food%20Challenge%20Manual.pdf>

Please make sure that teams understand the following details for the District Contest:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual.
- **Teams may NOT SHARE supply boxes.** Counties should not count on the fact that teams in different age divisions could all use the same supply box. Items will be dirty and there will not be facilities to wash dishes. You will also notice on the schedule that each age division will register and have supply boxes checked at different times, some times of which are during the preparation times of other age divisions.
- Teams will be provided the following items at the contest:
 - Food ingredients
 - The recipe ingredient list with nutrition information, the food category and a clue about their recipe
 - Copy of the Food Challenge Worksheet
 - Notebook with the printed resources (MyPyramid, Fight Bac, Nutrient Needs at a Glance, Cooking Food Safely is a Matter of Degrees, Altering Recipes for Good Health)
 - Grocery Store Receipts

Agent Assignments:

Enclosed in the packet are the agent assignments. Please review carefully and make sure you have the January 11 date on your calendar. **All FCS and ENP agents will be required to attend. Some 4-H and CEP agents have also been assigned.** If you are unable to fulfill your duties, it is your responsibility to get permission from your direct supervisor and to notify Cheryl Newberry once you have been given permission to be absent so that we can make sure all duties are covered. If you have a volunteer who could take your place, that would be the best option for filling your duty.

Judges for Food Challenge:

Counties will be required to recruit and confirm adult volunteers to serve as judges for the Food Challenge. We will need at least 28 judges and would like to have a few alternates in the event of individuals not being able to come. **Please complete the Food Challenge Judge's Form that is included in this packet and return it by FAX or e-mail to Lynda Harkins at lsharkins@ag.tamu.edu by December 18, 2009.** The judging assignments will be sent out prior to the contest so that you can inform your volunteers of their assignments.

Judge's orientation is an important part of the process and we need **ALL JUDGES to be present at the orientation at 1:00 p.m. in room 3-14.1.** Even though the judges for each age division will begin at a different time, we will only conduct one orientation! Judges will not only evaluate teams on their presentation and interview, but they will be observers in the ballroom during the team's preparation time so they can observe food safety practices, food preparation practices, and teamwork for the food category they will be judging.

4-H Members to Assist with Awards Program:

A form is included in this packet for youth to be nominated to assist with the Food Challenge Awards Program. Please provide Senior 4-H members with this opportunity and submit the form to the District Office by **December 16, 2009**. If you have no seniors interested, you may invite intermediate youth to apply. 4-H'ers selected to assist with the Food Challenge Awards Program will be contact by Shea Nebgen and Karla Friesenhahn prior to the Food Challenge with details.

Information for 4-H Families:

A sample letter is enclosed in this packet for counties to use in communicating with the 4-H members and families who will be competing in the District Food Challenge. Please edit as needed to fit your county's needs.

Parking & Transportation:

Counties will need to coordinate travel as best they can to minimize the number of vehicles that will need to park. Because this contest is on a week day, the parking garage will not be a sure bet for parking! Please make every effort to communicate that with your counties and assist them in coordinating transportation to the contest.

If you have any questions about the Food Challenge, please let us know! We look forward to this new contest and feel that this is an event that 4-H'ers will really enjoy!

Enclosures

- Food Challenge Agent Assignments
- District 10 Food Challenge Judge's Form
- Food Challenge Awards Program Volunteer Form
- Sample Letter for Participants/Families
- Maps

Food Challenge Agent Assignments

Food Challenge Task Force

Gretchen Sanders, Chairman
Shea Nebgen
Cory Talley
Carissa Wilhelm

Amy Harris
Susan Schramm
Rene Walls

Committee will meet at the Hays
County Office at 8:30 to go to
Grocery Store and then to the
campus to prepare for contest

Registration

Rene Walls

District 4-H Council Officers

Supply Box Check In

Cory Talley
Patrice Barnes

Jana Osbourn
Angela Fiedler

Agent Orientation

Cheryl Newberry

Judge's Orientation

Shea Nebgen

Participant Orientation

Gretchen Sanders

Timekeeper in Preparation Area

Carissa Wilhelm

Group Leaders

This assignment is similar to the category chairman at Food Show and Fashion Show. You will take teams to their preparation stations, monitor the preparation area while teams are working and take teams to judging rooms for presentations/interviews.

Rachel Contrares
Bastrop CEA-FCS
Merrideth Kuhl
Jane Parker
Connie Sheppard
Kelly Thorp
Crystal Wiltz

Grace Gonzalez
Sandra Kunkel
Tahira Malik
Dolores Sandmann
Nelda Speller
Deborah Watt
Wilson CEA-FCS

Tabulation

Gretchen Sanders
Martha Joyce

Patricia Rasor
Laura Petty

Awards Program

Shea Nebgen

Karla Friesenhahn

- Develop awards program script
- Work with 4-H members who sign up to assist with awards program
- Put out signs for participant seating

Items District Office/Committee Members Will Provide:

- Food (Committee will purchase day of contest)
- Bags for ingredients – one per team
- Receipts for each team
- Extension Cords & Power Strips
- Trash Bags
- Paper Towels (to clean tables in between rounds)
- Sanitary Wipes (to clean tables in between rounds)
- Igloos for Water Stations (need 4 from counties)
- Resource Notebooks
- Participant and Judge's Orientation Materials
- Table Sign Holders
- Team Signs to Place At Work Stations
- Folders for Category Chairman
- Scoresheets
- Pencils
- Clipboards
- Awards (Ribbons, Medals, Participant Gifts)
- Judge's Gifts
- 4-H and American Flag & Flag Stands
- Tool Box
- Timers
- Programs for Awards Program
- Registration Information
- Computer
- Printer

District 10 Food Challenge Judge's Form

County: _____ **Agent:** _____

Please provide below the name and address of each volunteer leader who has been CONFIRMED to judge at the District Food Challenge. Please note in the other columns the age division they would be best suited to judge and the name of their child(ren) competing in the contest so that we can make sure they are assigned appropriately.

Judge's Information		Mark age divisions they <u>can</u> judge	List child's name(s) and age division if they are competing in the contest
Name		<input type="checkbox"/> Junior	
Address		<input type="checkbox"/> Intermediate	
City, Zip Code		<input type="checkbox"/> Senior	
Name		<input type="checkbox"/> Intermediate	
Address		<input type="checkbox"/> Senior	
City, Zip Code		<input type="checkbox"/> Junior	
Name		<input type="checkbox"/> Junior	
Address		<input type="checkbox"/> Intermediate	
City, Zip Code		<input type="checkbox"/> Senior	
Name		<input type="checkbox"/> Junior	
Address		<input type="checkbox"/> Intermediate	
City, Zip Code		<input type="checkbox"/> Senior	
Name		<input type="checkbox"/> Junior	
Address		<input type="checkbox"/> Intermediate	
City, Zip Code		<input type="checkbox"/> Senior	
Name		<input type="checkbox"/> Junior	
Address		<input type="checkbox"/> Intermediate	
City, Zip Code		<input type="checkbox"/> Senior	

Food Challenge Awards Program Volunteer Form

Each county can only submit one name plus one alternate to represent their county on the program. **These youth must be Senior 4-H members.** If you have a 4-H member serving as an officer or as a member on the Family & Consumer Sciences Project Committee, list them in the first slot. **Fill out form and fax to 830-278-4008 or e-mail it Lynda Harkins at lsharkins@ag.tamu.edu by December 16, 2009.** Selections will be made and 4-H'ers will be notified by e-mail.

Please mark the duties below that the 4-H'er would be willing to do at the awards program.

	Master/Mistress of Ceremonies		Pledges		Welcome
	Introduction of Guests		Food Challenge Objectives		4-H Prayer
	Assist with Awards		Closing Comments		

Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an officer in the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is this 4-H'er a member of the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Alternate	
Name	
Address	
City, Zip Code	
Phone Number	
e-mail Address	
Is this 4-H'er an officer in the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No
Is this 4-H'er a member of the FCS Project Committee?	<input type="checkbox"/> Yes <input type="checkbox"/> No



SAMPLE LETTER TO PARTICIPANTS/FAMILIES

MEMO TO: _____ **COUNTY FOOD CHALLENGE PARTICIPANTS**

**SUBJECT: DISTRICT 10 4-H FOOD CHALLENGE – JANUARY 11, 2009
TEXAS STATE UNIVERSITY, SAN MARCOS**

FROM: _____
CEA

Congratulations on advancing to the District 10 4-H Food Challenge! We are excited about this new contest and hope you and your team are ready to face off against other teams to find out who the Food Challenge champions will be! Please review this letter carefully for details about the District Food Challenge.

Tentative Schedule: (subject to change depending on number of entries)

8:30 a.m.	Agent Committee Arrives in San Marcos to prepare for contest
12:00 p.m.	All Agents Arrive -- Agent Orientation – Room 3-14.1 (eat lunch before you arrive!)
12:30-1:00	Registration for Junior Teams and inspection of Team Supply Boxes -- Lobby
1:00	Orientation for Junior Teams and Leaders – Teaching Theater
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1:45-2:15	Registration for Intermediate Teams and Inspection of Team Supply Boxes -- Lobby
2:15	Orientation for Intermediate Teams and Leaders – Teaching Theater
2:15	Presentations and Judging begins for Junior Teams
	<ul style="list-style-type: none">• Teams will wait to be judged in room 3-14.1 and be taken to their judging room.
2:30-3:10	Round 2 – Intermediate Team Preparation -- Ballroom
2:45-3:15	Registration for Senior Teams and Inspection of Team Supply Boxes -- Lobby
3:15	Orientation for Senior Teams and Leaders – Teaching Theater
3:15	Presentations and Judging begins for Intermediate Teams
	<ul style="list-style-type: none">• Teams will wait to be judged in room 3-14.1 and be taken to their judging room
3:30-4:10	Round 3 – Senior Team Preparation -- Ballroom
4:15	Presentation and Judging begins for Senior Teams
	<ul style="list-style-type: none">• Teams will wait to be judged in room 3-14.1 and be taken to their judging room
Approx. 5:30	Awards Program – Teaching Theater

There will be four food categories in each age division at the District Contest: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until orientation the morning of the contest.

County Team Entries:

The following teams will be competing for _____ County at the District Food Challenge. ***(insert list of teams below – county may have 2 junior, 2 intermediate, and 2 senior teams)***

Contest Registration:

Registration will be conducted on 4-H Connect. Each member of a team will be required to register. The registration fee will be \$7 per person and will cover contest food and supplies, insurance, and awards.

Registration will be open on 4-H Connect December 1-16, 2009. Late registration will extend through December 18, 2009 with an additional late fee of \$5.00 added to registration. No refunds will be given for Food Challenge.

Materials/Equipment for Food Challenge:

- Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual. Teams will need to work out their plan to gather all items for their supply box.
- **Teams may NOT SHARE supply boxes.** Counties should not count on the fact that teams in different age divisions could all use the same supply box. Items will be dirty and there will not be facilities to wash dishes. You will also notice on the schedule that each age division will register and have supply boxes checked at different times, some times of which are during the preparation times of other age divisions.
- Teams will be provided the following items at the contest:
 - Food ingredients
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 - Copy of the Food Challenge Worksheet
 - Notebook with the printed resources (MyPyramid, Fight Bac, Nutrient Needs at a Glance, Cooking Food Safely is a Matter of Degrees, Altering Recipes for Good Health
 - Grocery Store Receipts

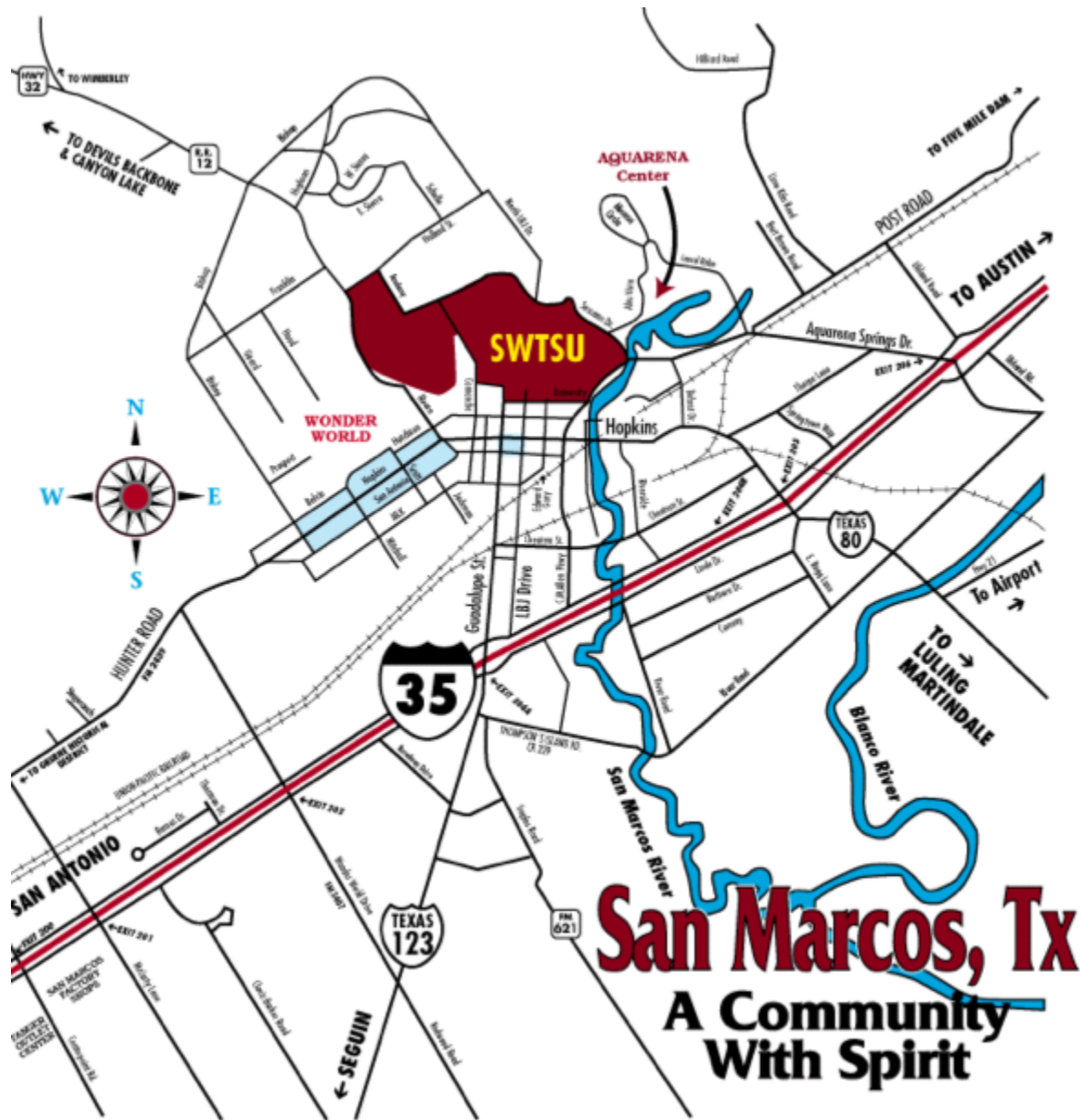
Transportation and Maps:

NOTE: insert your transportation plan! Please try to coordinate transportation because parking will not be as easy to come by with the contest being on a week day! Don't count on the parking garage!!!

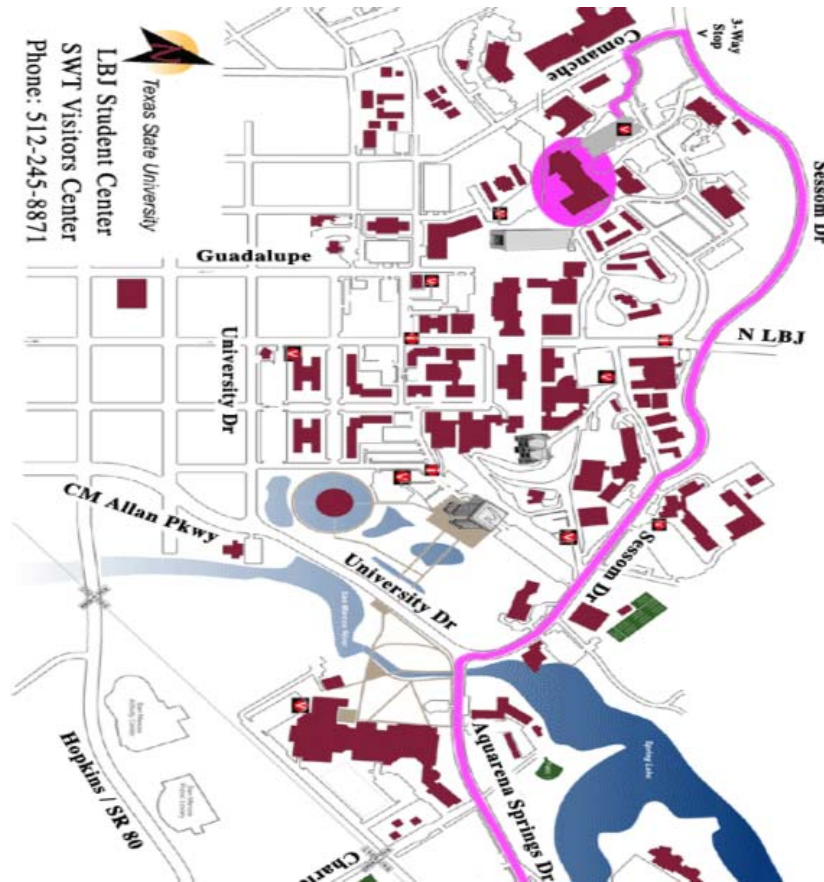
Attached are the maps of San Marcos, the campus and the LBJ Student Center for your reference as you travel to the Food Challenge!

Good luck to you as you represent _____ County in the District 10 Food Challenge! If you have any other questions, please contact the Extension Office.

Map of San Marcos



Texas State University Map & Directions to LBJ Student Center



Take exit #206 off of I-35.

1. Turn West on Aquarena Springs Drive/Loop 82.
2. You will pass two traffic lights and cross over a railroad track. Bobcat Stadium will be on your left. You will pass another traffic light and then over the San Marcos River.
3. At the next light turn right onto Sessom Drive.
4. You will pass three lights and at the top of the hill turn left at the three-way stop onto Comanche Street.
5. Turn left at the first street, Student Center Dr.
6. Turn right before the stop sign to enter the public parking garage.

LBJ STUDENT CENTER 3RD FLOOR

STUDENT CENTER
THIRD FLOOR

