



DISTRICT 10 FALL ROUNDUP

FOOD CHALLENGE

NOVEMBER 30, 2023

Kerrville, TX



Food Challenge

DATE: Thursday, November 30, 2023

LOCATION: Hill Country Youth Center ([3785 TX-27 Kerrville, TX 78028](#))

FOOD CHALLENGE Q&A AND INFORMATIONAL: Click [HERE](#) for recording.

SCHEDULE*

8:45 a.m.	Agents Arrive
9:00 a.m.	Group Leader Orientation
9:30 a.m.	Food Challenge Judges Arrive
9 – 9:30 a.m.	Junior, Intermediate, & Senior Teams Arrive/Check Boxes *ALL team members must be present to check-in the team.
9:45 a.m.	Judges Orientation
9:45 a.m.	Youth Orientation
10:00 a.m.	Contest Begins
10:55 a.m.	Contest Ends
11:00 a.m.	Presentation Judging Begins
1:30 p.m.	Awards (<i>subject to change depending on tabulation</i>)

**Schedule is subject to change*

CONTEST TYPE

Qualifying:

- Counties may advance the following number of teams in each age division:
 - Juniors – 2 teams
 - Intermediates – 2 teams
 - Seniors – 2 teams
- District 1st place Senior Teams from each category will advance to Texas 4-H State Roundup.

CONTEST STRUCTURE

Team ONLY

- Teams may consist of 3-4 youth in the same age division.
 - An exception to the age division is that juniors may move up to compete with an intermediate team, but intermediates or seniors may not move up or down to a different age division.
- Teams must be declared in advance by the County agent on 4-HOnline.
 - A substitution may be made if a participant cannot attend or is deemed ineligible. Substitutions may only be made with County & District level approval.

CONTEST RULES

1. **Rules of Play:** District 10 Food Challenge will follow the State 4-H Food Challenge Rules of Play unless otherwise stated in these rules. Click links below for PDF documents:
 - [2023-2024 Texas 4-H Food Challenge State Rules and Guidelines](#)
 - [2023-2024 PREPARATION Scorecard](#)
 - [2023-2024 PRESENTATION Scorecard](#)
 - Additional resources will be available on <https://texas4-h.tamu.edu/projects/food-nutrition/> under the Contest Subheading.
2. **Categories:** There will be four food categories in each age division at the District Contest:
 - Appetizer
 - Main Dish
 - Side Dish
 - Healthy Dessert
 - Teams will be randomly assigned to a category, but assignments will not be announced until the morning of the contest.
3. **Supply Boxes:** Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Rules & Guidelines.
 - Please review supply kit lists linked and attached below (There are 3 different kits based on age division.)
 - i. Junior Kit ([DOWNLOAD](#))
 - ii. Intermediate Kit ([DOWNLOAD](#))
 - iii. Senior Kit ([DOWNLOAD](#))
 - Equipment boxes must comply to a size limitation of: 40" x 24" X 40". In addition, boxes must remain closed with all equipment inside until the contest begins. Wheels will not be included in height measurement since larger wheels are often more conducive to travel to contest locations.
 - Teams may NOT SHARE supply boxes.
4. **Contest Materials:** Each team will be provided with a set of printed resources. Resources will include [MyPlate Mini-Poster](#), [Fight Bac - Fight Food Borne Bacteria Brochure](#), [Know Your Nutrients](#), and [Food Safety Fact Sheet](#). No other resource materials will be allowed. Teams **may not use their personal copies** of the resources during the contest. Additionally, each age division will be provided:
 - **Juniors** - will receive 3-4 ingredients with assigned category, nutritional information, and coupons to receive items from the grocery store.
 - **Intermediates** – will receive 1-2 ingredients with assigned category and coupons to receive items from the grocery store.
 - **Seniors** – will receive a sheet with an assigned category, one “key” food item, and coupons to receive items from the grocery store.
5. **NEW! District 10 4-H Food Challenge Community Service Opportunity:** Each team will be invited to donate any canned goods they did not use after the contest concludes. All canned goods will be collected and delivered to a charity in need by our District 10 4-H Officer Team. Teams are also welcome to bring extra canned goods for donation.

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. – **Equipment boxes must comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.**

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Colander

Cookie sheet

NEW! Cookie Cutters (2)

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

First aid kit

Fork

Gloves

Grater

Hand sanitizer

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment**

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

**** An EMPTY tub for dirty dishes may be placed on top of equipment box.**

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)
- **NEW! CHOICE:**
Corn Starch (1 lbs.)
OR Flour (1lbs.)

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. – **Equipment box must comply to a size limitation of: 40" x 24" X 40".**
Wheels will not be included in height measurement.

Bowls

- Dip Size (1)
- Mixing (2)
- Serving (1)

Calculator

Can Opener

Colander

Cookie sheet

NEW! Cookie Cutters (2)

Cutting Boards (3)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (4)

Liquid measuring cup (2 cup size)

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner

Pencils (no limit)

Plastic box or trash bag for dirty equipment**

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving platter or plate

Serving utensil

Skewers (1 set)

Spatulas (2)

Stirring spoon

Storage bags (1 box)

Tongs

Whisk

**** An EMPTY tub for dirty dishes may be placed on top of equipment box.**

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 jar chicken bouillon
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)
- **NEW! CHOICE:**
Corn Starch (1 lbs.) OR
Flour (1lbs.)

SENIOR SUPPLY BOX

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Bowls (up to 4 - any size)

Calculator

Can Opener

NEW Colander

Cookie Cutters (up to 2 - team choice)

Cutting Boards (up to 4)

Disposable tasting spoons (no limit)

Dry measuring cups (1 set)

Electric Skillet

Extension cord (multiple outlet or strip style)

Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies

First aid kit

Food thermometer

Fork

Gloves

Grater

Hand sanitizer

Hot pads (up to 5)

Kitchen shears (1 pair)

Kitchen timer

Knives (up to 6)

Liquid measuring cup

Manual pencil sharpener

Measuring spoons (1 set)

Non-stick cooking spray

Note cards (1 package - no larger than 5 X 7)

Paper towels (1 roll)

Pancake turner (up to 2)

Pencils (no limit)

Plastic box & trash bags for dirty equipment*

Pot with lid

Potato masher

Potato peeler

Sanitizing wipes (1 container)

Serving dishes/utensils

1 plate/platter

1 bowl

1 utensil

Skewers (1 set)

Skillet with lid

Spatulas (up to 2)

Stirring spoon

Storage bags (1 box)

Tongs (up to 2)

Toothpicks (no limit)

Two single-burner hot plates

or

One double- burner plate (electric only!)

Whisk

NEW

*An EMPTY tub for dirty dishes may be placed on top of equipment box

Pantry Items

Salt

Pepper

Oil (up to 17 oz)

1 jar chicken bouillon

1 medium onion

2 cans (up to 16 oz)
vegetables and/or fruit (*team choice*)

Rice* (white or brown)
or pasta* (up to 16 oz) (*team choice*)
*must be uncooked/dried

NEW

Cornstarch (up to 1 lb)
or Flour (up to 1 lb) (*team choice*)