

Tom Green County Invitational Food Challenge

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| Entry Fee: | Regular Registration: \$60.00 per team (September 1 – November 15) Late Registration: \$75.00 per team (November 16 – December 6) |
| Date of Contest | December 20th First Financial Pavilion San Angelo Fairgrounds |
| Registration | 8:00 AM |
| Orientation Begins | 8:15 AM |

Notable Changes are in green.

- 1. Participation:** Participants must be 4-H members currently enrolled in the Texas 4-H Program, **a member of their local FCCLA Chapter OR FFA members currently enrolled in an FFA Chapter.**
- 2. Age:** Age divisions are determined by the participant's age as of August 31 of the current 4-H year.
 - Junior Division: 3rd – 5th Grade
 - Intermediate Division: 6th – 8th Grade
 - Senior Division: 9th – 12th Grade
- 3. Members per team:** Each team will consist of three or four members. Juniors may be bumped up to an Intermediate team, but intermediates cannot be bumped down to a junior team, nor can they be bumped up to a senior team.
- 4. Registration and entry fee:** Each team will be required to register through the Tom Green County 4-H Webpage at the following link (<https://tomgreen.agrilife.org/tom-green-4-h-invitational-food-challenge/>) and pay the registration fee of \$60.00 per team. Registration will be confirmed once payment has been received. *We will be limited to 50 teams.*
- 5. Food Categories:** Teams will be randomly assigned to a division category, within their age group that may represent one of the below categories. Assignments will not be announced until the day of the contest.
 - a. Main Dish
 - b. Side Dish
 - c. Appetizer
 - d. Healthy Dessert.
- 6. Preparation:** Each team will create an entire dish/recipe (not a full meal) using the provided key ingredient and grocery store items. Dishes/recipes created should include two or more servings. Teams should present the entire dish/recipe to the judges and communicate during their presentation what an individual serving size should be. Teams will be responsible for determining the number of servings their dish provides. Teams should not create side or multiple dishes with their ingredients/grocery store items.
- 7. Attire:** Each team will have the option of wearing coordinated clothing or aprons. Each team member is required to wear closed toed shoes and a hair restraint.

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8. **Resource materials provided at contest:** Resource materials will be provided for each team at the contest. These 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. Resources can be found at this [link](#).

9. **Supply Box:** Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Supply boxes may be checked by contest officials as teams check in for the contest using a standard or randomized process. Any extra equipment will be removed from the team's supply box. Boxes must be completely closed, and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If the box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

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

Pantry Ingredients: Each team may include in their equipment box the following "pantry" ingredients which they may use when preparing their dish if desired. There is no requirement to use these items, nor is it mandatory that teams include these in their supply box.

- Salt
 - Pepper
 - Oil (up to 17 oz)
 - 1 jar chicken bouillon
 - 1 Medium Onion
 - 2 cans vegetables and/or fruit (up to 16 oz) – team choice
 - Rice (brown or white) or pasta (up to 16 oz) – team choice (must be uncooked/dried)
 - Cornstarch (up to 1 lb.) or Flour (up to 1 lb.) – team choice
10. Each team will receive an information sheet with their contest category and "key" ingredient for that category (no ingredient amounts, recipe, or instructions will be provided at the station). The "key" ingredient will be representative of one of the following categories: Appetizer, Main Dish, Side Dish, Healthy Dessert.

Teams will have access to a "grocery store" of additional ingredients which can be "purchased" and combined with the team's "key" ingredient to create an original recipe/dish during the contest. The "grocery store" will include items commonly found in grocery stores such as produce, canned goods, crackers, dairy products, etc. **No free items will be available, with the exception of water.**

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11. **Time:** Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
12. **Electrical:** Teams should be prepared to only plug in ONE piece of equipment at a time to reduce the risk of electrical malfunction. Contest officials will announce if this is necessary during participant orientation.
13. **Food & Equipment Safety:** A safe and sanitary working environment must be maintained during the contest. Each station will have food and kitchen safety resources. Teams should follow the steps listed to ensure proper food and equipment safety is followed. Judges will be scoring teams on food and equipment safety during the preparation phase of the contest. Teams should also discuss safety steps used during the presentation phase of the contest.
14. **Gloves:** Gloves do not have to be worn throughout the contest; however, there should always be a barrier between your hand and any food touched. A barrier includes gloves and/or cooking utensils. When wearing gloves, they must be changed between handling raw meats/seafood; handling cooked items; and ready to eat items or raw vegetables to prevent cross contamination.

Hair Restraint: Each team member must wear a hat, hair net and/or other type of hair restraint during the food preparation part of the competition. Examples of acceptable hair restraints include hairnets, bandana with hair completely pulled back, Chef hat with hair restrained inside, or cap with hair completely tucked in.
15. **Nutrition:** Each station will have a variety of nutrition resources/references. Each team should highlight key nutrients in their dish and their functions during their presentation.
16. **Presentation:** Following the preparation phase of the contest, each team will give a 5-minute presentation to a panel of judges. A majority of team members should participate in the presentation. To earn maximum points, teams must use these 5 minutes to address the following areas of the presentation scorecard: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, Safety Concerns, and Serving Size.

At the end of 5 minutes, time will be called – additional time will not be allowed. Judges will be allowed 3 minutes to ask questions. Judges will not ask questions related to what teams should have covered during the presentation. Judges' questions will be related to general nutrition, health, chronic disease prevention or others relevant to food and nutrition. Following questions, judges will have **4 minutes** to score/write comments.

Please note: Once the 40 minutes of preparation time expires, team members may no longer communicate with each other. Team members may study their notes individually.

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17. **Clean-up:** Teams must clean up their preparation areas. Clean-up time is included in the 40 minutes preparation allotment.
18. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participants or audience members.
19. **Participants with disabilities:** Any competitor who requires auxiliary aids or special accommodations must contact the contest superintendents at least two weeks prior to the competition.

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Supply Box

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

Bench Scraper

Bowls (up to 4 – any size)

Calculator

Can Opener

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)

Meat Tenderizer

Non-stick Cooking Spray

Note Cards (1 package – no larger than 5x7)

Paper Towels (1 roll)

Pancake Turner (up to 2)

Pencils (no limit)

Plastic Box & Trash Bag for

Dirty Equipment*

Pot with Lid

Potato masher

Potato Peeler

Rolling Pin

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

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

Pantry Items

Salt

Pepper

Oil (up to 17oz)

1 jar chicken bouillon

1 medium onion

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

Rice (white or brown)
or pasta (up to 16 oz)
(team choice)

*must be uncooked/dried

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