

4-H Food and Nutrition Project - Lubbock County - Fall 2016

COUNTY-WIDE 4-H WORKSHOP

Dear 4-H Family,

Your child is invited to participate in the 4-H Food and Nutrition Project.



What is a Food & Nutrition Project?

A "Project" is a series of meetings, led by a volunteer leader. At the meetings your child will be learning about food preparation, meal planning, food safety, nutrition and food buying. The "Project" may be conducted in a couple of sessions or all in one day. please contact your club manager to find out when your club's project groups are meeting. If your club does not currently have a project group meeting, you may form your own project group or project activities may be done on an individual basis. Please let me know if you have any questions or need assistance in coming up with project activities.

When participating, each child is asked to pay a fee, which covers the cost of expenses that project leaders have in conducting the project. Since 4-H'ers usually eat at these meetings, these costs are usually just barely enough to cover food. Please be prompt in paying these amounts, since the leaders are paying for it out of their own pockets and waiting to be reimbursed. Food and Nutrition project resource packets for 4-H'ers to complete on their own are also available from the Extension Office.

We also offer county-wide activities and tours that everyone is invited to participate in. You'll find these opportunities listed in this newsletter.

On Tuesday, October 25 from 5 - 6:30 pm we will have a county-wide 4-H Workshop at the County Extension Office. Our workshop will be focusing on "Cupcake Wars." Please RSVP to the County Extension Office by October 21, if you plan to attend. There is no cost to participate.

COUNTY-WIDE 4-H TOUR

A county-wide food and nutrition project tour is planned for Tuesday, October 4. Afternoon activities will include:

4:30 pm	Tour South Plains Food Bank, 5605 MLK, Jr. Blvd
5:15 pm	LaMadelaine, 8201 Quaker

All 4-H'ers and parents are invited to participate in the tour. Please RSVP to the Extension Office by October 3, if you plan on participating. Parents are needed to assist with transporting 4-H'ers during the tour.

COUNTY 4-H COMMUNITY SERVICE

This year, we will have a county-wide community service in support of the food and nutrition project. We will be supporting the "South Plains Food Bank" with a canned food drive. Please bring donation items by the Extension Office prior to October 29 or to the County 4-H Food Show.

SENIOR 4-H OPPORTUNITY

Senior 4-H members are invited to attend a workshop on Monday, October 17 from 5-6:30 pm, prior to the Teen Council meeting at the Extension Office. We will prepare a couple of fun dishes for you to try. Please RSVP by October 14, if you plan to attend.

COUNTY FOOD SHOW



This is an optional competition, in which 4-H'ers prepare a food and participate in an interview with judges to demonstrate what they have learned through their project.

WHEN: Saturday, October 29 (Judging to begin at 1 pm); Awards program held following completion of judging - in the Bank Lobby).

WHERE: Lubbock County Ext. Office
916 Main, Suite 201,

If you have special circumstances for judging times, please contact Ronda as soon as possible so that we can make other arrangements. Please contact Ronda if you need further assistance in understanding the Food Show process.

FOOD SHOW INFORMATION

After your food show entry information has been submitted, you will receive a County Food Show Information letter, via email. It will include score cards (with questions to prepare for), a Food Show Information Schedule which will include an assigned judging time and specific information to help you prepare for the competition.

COUNTY 4-H FOOD SHOW ENTRY REQUIREMENTS

Entry materials for the food show are due no later than 5:00 p.m. on Thursday, October 20, to the County Extension Office. You may also email the entry forms to Ronda at rd-alexander@tamu.edu.

Participants must turn in:

- recipe (may be hand-written, typed or copied)
- entry form (included with this letter)
- project form (optional - may be downloaded from county website)

According to UIL rules for extracurricular activities, 4-H'ers must meet school eligibility requirements in order to participate in the food show or any competitive event.

AGE DIVISIONS

Junior - 3rd grade - 5th grade

Intermediate - 6th - 8th grade

Senior - 9th - 12th grade

Clover - K - 2nd grade; may participate, but do not advance to District.

CATEGORIES - for 2016-17

This year's theme is "Family Favorites." This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that are family favorites, with the emphasis on the importance of family mealtime. Research consistently shows that regular family meals are linked to: higher grades for children, higher self-esteem, healthier eating habits and healthier weights. **All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories for Seniors.**

Protein - All foods made from meat, poultry, seafood, beans and peas, eggs, processed soy products, nuts and seeds.

Fruit & Vegetable - Any fruit or 100% fruit juice counts as part of the fruit group. Fruits may be fresh, canned, frozen or dried; and may be whole, cut-up, or pureed. Any vegetables or 100% vegetable juice counts as a member of the vegetable group. Vegetables may be raw or cooked; fresh, frozen, canned or dried/dehydrated; and may be whole, cut-up or mashed. Beans and peas may also be part of protein group.

Grains - Any food made from wheat, rice, oats, cornmeal, barley or another cereal grain is a grain product. Bread, pasta, oatmeal, breakfast cereals, tortillas, and grits are examples of grain products.

Dairy - All fluid milk products and many foods made from milk are considered part of this food group. Most Dairy group choices should be fat-free or low-fat. Foods made from milk that retain

their calcium content are part of the group. Foods made from milk that have little to no calcium, such as cream cheese, cream and butter are not. Calcium-fortified soymilk (soy beverage) is also part of the Dairy group.

Only edible garnishes will be allowed. If you have questions about what type of food goes in which category, please call Ronda.

Recipe Presentation and Judging

- For Junior and Intermediate participants, they will start with a maximum 2-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing that dish based on the theme: Family Favorites. They will then have an additional 6 minutes to answer questions from the judges, related to the score card.
- Senior participants will start with a maximum 4-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing their dish based on the theme "Family Favorites" and other points listed on the score card. They will then have an additional 4 minutes to answer questions from the judges related to the scoresheet.
- Finally, participants will have 1 minute to serve the judges a portion of their dish. The dish should be presented in a serving dish, as appropriate. Contestants should only use serving dishes and utensils appropriate and necessary to serve the dish; placemats, centerpieces or linens are not to be included. Gloves should only be used if necessary for the item to be served.
- Clovers will also participate in a practice-type interview, conducted by Senior 4-H members.

DISTRICT 4-H FOOD SHOW

4-H'ers placing first in their age division category at the County Food Show are eligible to compete in the District 4-H Food Show which will be held in Levelland on Saturday, November 12.

For this competition 4-H'ers participate in the same process as at county. They prepare their dish ahead of time, take it with them to the Show, participate in an interview with judges

and are then recognized for their participation in a formal awards ceremony.

First place winners in the senior age category will advance to the State 4-H Food Show which is held during State 4-H Roundup in June.



DISTRICT EDUCATIONAL EXHIBITS

All 4-H'ers are welcomed to prepare an educational exhibit related to Food and Nutrition to set up at the District Food Show. Participants must furnish their own table/easel and set up the exhibit. Please sign-up by October 20 if you plan on participating.



FOOD AND NUTRITION QUIZ BOWL

The Food and Nutrition Quiz Bowl is another opportunity available for 4-H'ers to get involved and learn about food and nutrition. Participants learn about food and nutrition, through participation in a game-type format, answering different related questions. Three to four 4-H'ers make up a team for this competition; you may recruit your own team members or teams may be made up from all 4-H'ers across the county. Please contact Ronda to sign-up and schedule practices.



FOOD & NUTRITION PROJECT OBJECTIVES:

4-H'ers will:

- Practice recommended food preparation skills including food safety.
- Understand the connection of foods to holidays, while also learning about how to make them healthier through substitutions or limiting to healthy portions.
- Learn the nutrients in your dish and the health benefits they provide to your body.



PROJECT RECORD FORMS

The Project Record Form is available from the County website; it is listed under Publications - 4-H - Lubbock County 4-H Project Form. 4-H'ers are not required to turn in their completed project form, however it is a good idea to go ahead and turn it in when they enter the food show. For those not competing in the Food Show, they may turn one in at the end of any 4-H project. This helps 4-H'ers to begin developing their record-keeping skills and preparing a 4-H Record Book.

CONSUMER DECISION-MAKING PRACTICES

The Consumer Decision-Making project orientation will be held on Tuesday, November 1 at 5 pm at the County Extension Office. This competition may be done as an individual, as well as with team members; teams are made up of 3-4 members. All age groups will practice together. The District Contest will be December 10 in Lubbock.

What Can Parents Do?

Parents can assist in many ways. Contact your project leader or club manager and ask them if there is anything that can be done to assist. Also, be timely in taking and picking up your kids from project meetings. You will also need to assist your children in preparing their entries for the Food Show, if they choose to participate. Please call if you have any questions.

4-H FOOD CHALLENGE

The Food Challenge is another food and nutrition project related activity that 4-H'ers may participate in. The 4-H Food Challenge is a contest that allows 4-H members to demonstrate their culinary knowledge and skills. From a set of predetermined ingredients provided, teams of 3 to 5 4-H members must develop a recipe and prepare the dish within 40 minutes. Teams then make a presentation to a judging panel, explaining the preparation steps, serving size, food safety concerns, nutrition value and cost of the dish. This year the District Contest will be held on October 24 in Levelland. Our county practice contest will be held on Tuesday, October 18 in the auditorium, down the hall from the Extension Office. Please sign-up by Friday, October 14th if your team is planning on participating, and to sign up for the District competition. If your club does not have a team, please contact Ronda to see about participating on a county-wide team. This year teams may participate as a Junior, Intermediate (may include juniors) or Senior team. A limited number of resource boxes are available for check-out from the Extension Office on a first-come first-serve basis. Contact Ronda immediately to schedule a box for your team.



ONE DAY 4-H



Hopefully each of you have marked your calendars for Saturday, October 8. Lubbock County 4-H will be conducting a canned food drive and working at the Food Bank Farm for our "One Day 4-H" project. All 4-H'ers are welcomed to participate in these activities, either by conducting their own canned food drive, donating canned food items and/or coming to work at the Food Bank Farm from 9am - 11:30 am; the Farm is located at 304 76th. Please call the Extension Office by October 6, if you plan to attend or need assistance with directions. 4-H Intern Peyton Warren will be in charge of this event.

Sincerely,

Ronda Alexander

Ronda Alexander
CEA 4-H

**LUBBOCK COUNTY 4-H FOOD SHOW
ENTRY FORM - DUE OCTOBER 20**

Name _____

Address _____

City, ZIP _____

Phone Number _____

School Name _____

Principal's Name _____

4-H Club _____

Date of Birth/Grade _____

Completed and Current 4-H Profile on 4-H Connect - ____ yes

Division Junior _____

Intermediate _____

Senior _____

Clover Kids _____

Category:

Protein _____

Fruits & Vegetables _____

Grains _____

Dairy _____

Title of Recipe

(Attach a copy of recipe to this form)

Project Form Attached - optional

