

## **4-H Family and Consumer Sciences Projects - Lubbock County - SPRING 2021**

Dear 4-H Family,  
We have had many changes this year due to COVID. However the good news is that we are able to conduct many of our 4-H projects that were cancelled or have been on hold this year. This newsletter has information about these upcoming projects. Just a warning: THEY ARE HAPPENING VERY QUICKLY AND ALL AT THE SAME TIME. So please read this carefully, so that you don't miss anything!

### **What is a Project?**

A "Project" is a series of meetings, led by a volunteer leader. At the meetings your child will be learning about the project through project meetings, workshops, or tours. Some 4-H clubs offer different projects and other projects are conducted on a county-wide basis. Please contact the Extension Office if you have any questions or need assistance in coming up with project activities.



### **FOR DISTRICT REGISTRATIONS:**

Please note District Registration is due on 4-H Online; a registration fee will also be required to be paid by the 4-H'er; some contests may also require additional forms for District.



### **IMPORTANT DATES TO REMEMBER**

**County 4-H Food Show - March 27** - am; registration due *March 12*; individual activity;

**District 4-H Food Show - April 17** - contest begins at 9 am - held in Levelland; must place 1<sup>st</sup> at County to advance to District;

**County 4-H Food Challenge Practice Contest - March 27** - pm; registration due *March 12*; Team activity - teams consist of 3-4 4-H'ers;

**District 4-H Food Challenge - April 26** in Levelland; registration due *April 13*; all teams can compete at District;

**District 4-H Fashion Show - Seniors Only** (held at Lubbock County Extension Office); **March 30** contest begins at 4:30; registration due *March 10*; All seniors can advance to District (we will not have a county senior qualifying show);

**District 4-H FCH (Nutrition) Quiz Bowl - April 17** in Levelland; contest begins at 10 am; Must have a 4 person team to compete; there is not a County Contest for this, everyone can advance to District; Study resources are available for anyone who wants to put together a team; Contact Ronda for study resources;

**County 4-H Consumer Decision-Making Contest - March 29** - 4:30 - 7 pm - come and go; 4-H'ers compete as individuals and on teams; if you have your own team (3-4 members) you can compete as a team, otherwise teams for District will be determined after County Contest;

**District 4-H Consumer Decision-Making Contest - April 17** in Levelland; contest begins at 1:30 pm (after FCH Quiz Bowl is completed); registration due *April 7*;

**District Duds to Dazzle Contest - Senior Teams - May 3** at the Lubbock County Office; registration date not available yet;

**District Duds to Dazzle Contest - Junior and Intermediate Teams - July 15** at Lubbock County Office; More information will be sent in May;

## 4-H Food and Nutrition Project and Food Show



### 4-H FOOD CHALLENGE

**There are several changes to Food Show this year - so please read this carefully. To assist 4-H'ers with the changes we will have two workshop days to help 4-H'ers prepare for the County and District Contest. We will not have a separate tour this year.**

#### **Food Show Components:**

- Food Show Dish Presentation and interview (same as past)
- Skills Station - demonstration at end of interview with judges
- Knowledge Showcase - youth will answer a quiz about food purchasing, preparation, nutrition and food safety

### COUNTY-WIDE 4-H WORKSHOP SKILL STATIONS

On Tuesday - **March 16** from 1-6 pm and Thursday - **March 18** from 3-6 pm, 4-H'ers will be able to come to the Extension Office and practice on the different skills stations which will be set up in the Extension Office Meeting room; A leader or Teen Leader will be available to assist with the station activities. 4-H'ers may come either day, but don't need to come both days. If possible, please RSVP when you are coming (RSVP is not required but will be helpful to help us prepare). Station activities could include:

- Dry and wet measure equivalents
- Garnish
- Themed food
- Table/flatware setting
- Knives
- Cross contamination prevention
- Small appliance demonstration or kitchen gadget demonstration.
- Meal Planning
- Product selection/identification

We will also have a practice quiz available.

### FCH (NUTRITION) QUIZ BOWL

The FCH 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. 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. If you are interested in participating, please call Ronda to get study materials. Your team will then practice on their own. Teams compete as Juniors, Intermediates and Seniors.

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 4 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 **April 26** in Levelland. Our county practice contest will be held on Saturday, **March 27** in the Bank Lobby on the first floor of the County Extension Office Building at 2 pm. Please sign-up by *Friday, March 12* if your team is planning on participating, and to sign up for the District competition. If you do 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. Contact Ronda for more information. **Rules for Food Challenge have changed this year; if you do not have a copy, please contact Ronda for updated information.**

#### **Resources to assist with Food Challenge**

What is That? Food Challenge

– YouTube video released on 01/19/2021:  
<https://youtu.be/2moHYSF0xrc>

### 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, March 27**  
- Judging to begin at 9am in  
County Extension Office

**WHERE:** Lubbock County Ext. Office  
916 Main, Suite 401,  
Awards program held following  
completion of judging, in the Bank  
Lobby.

**ENTRY:** Entry and recipe are due *Friday, March 12 by 5 pm* (may be emailed to Ronda or dropped by Office)

**Food Show Components:**

- Food Show Dish Presentation and interview (same as past)
- Skills Station - demonstration at end of interview with judges
- Knowledge Showcase - youth will answer a quiz about food purchasing, preparation, nutrition and food safety

If you have special circumstances for judging times or questions, please contact Ronda as soon as possible so that we can make other arrangements.

**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 Friday, March 12, to the County Extension Office or you may email the entry forms to Ronda at rdalexander@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** - 3<sup>rd</sup> grade - 5<sup>th</sup> grade

**Intermediate** - 6<sup>th</sup> - 8<sup>th</sup> grade

**Senior** - 9<sup>th</sup> - 12<sup>th</sup> grade

**Clover** - K - 2<sup>nd</sup> grade; may participate, but do not advance to District.

**CATEGORIES - for 2020-21**

This year's 4 H Food Show theme is GROCERY GAMES! Texas is a diverse state, in more ways than one! Some of us live in a metroplex with access to major supermarkets and aisles upon aisles of options. Others live in small towns supplied by a convenience store or a larger store if we are willing to travel. A few of us find fresh food in our own backyard garden. The rest of us are somewhere in between! This year, we want you to be creative by using YOUR local food sources to create a

dish on a budget. This year's Food Show will be especially unique as 4 H'ers bring foods created from the supermarket, the small town convenience stores, the dollar stores, and even the garden! What are you bringing to the table?

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe. Recipe should cost less than \$10, excluding spices and seasonings.

**All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories for Seniors.**

**Appetizer** – Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories so as to not ruin one's appetite.

**Main Dish** – The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.

**Side Dishes** – Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

**Healthy Desserts** – Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

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: Grocery Games. 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 5-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing their dish based on the theme "Grocery

Games” 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, and garnished. 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 at the County Food Show.

Following the Interview 4-H’ers will participate in the SKILL SHOWCASE. Youth will be judged on an assigned kitchen/cooking type skill. Youth will complete this skill at the end of the interview, when requested by the judges. All materials needed to demonstrate the skill will be provided for the contestant. No other materials may be used other than those provided. The interview judges will score their skill based on correct procedures, safety, and other pertinent information related to the skill assigned. The skill demonstration will include a time limit which will be announced.

KNOWLEDGE SHOWCASE: when the assigned judging times are sent to participants for the Food Show, a time will be given for when participants will complete the Quiz.



### 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, April 17.**

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 AND DISPLAYS

Educational Exhibits/Displays/Demonstrations can be set up by any 4-H’er, whether or not they are participating in the food show. These can be group projects or county entries. You must submit display applications via google forms link at

<https://forms.gle/khe3aoCqvJU1xwbQ6>

by **Wednesday, April 7, 2021.** Each exhibitor/group/county must provide a table or easel. (Card tables will work great.) These will not be judged. Displays must be picked up by 1:30 p.m. on **Saturday, April 17, 2021.**

### DISTRICT 4 H FOOD SHOW PHOTOGRAPHY CONTEST (OPTIONAL)

4 H Members who are entering the District 2 4-H Food Show have the option to also enter the 4-H Food Show Photography Contest. To enter, a photo of the 4-H Members food show dish must be uploaded to 4-H Online by *April 7, 2021* with their food show entry. THIS CONTEST IS OPTIONAL.



### PROJECT RECORD FORMS

The Project Record Form is available from the County website; it is listed under - 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 practices will be held on Monday's beginning **March 8** - 4:30 - 6:30 pm, **March 15** - 3-6 pm, and **March 22** from 4:30 - 6:30 pm at the Extension Office. Classes will be set up so 4-H'ers can come during the designated time and place the classes. Intermediates and Seniors will also be able to give oral reasons for practice. 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 County Consumer Decision-Making Contest will be held on Monday, March 29 at the County Extension Office from 4:30 - 7pm;** this will be a come and go contest; participants will come in during that time to place classes and give their oral reasons. Awards will be announced on TEAMS later in the week. The District Contest will be **April 17** at 1:30 pm in Levelland.



## SENIOR DISTRICT 4-H FASHION SHOW

The Senior 4-H Fashion Show is for 9<sup>th</sup> - 12<sup>th</sup> grade 4-H'ers to qualify for the State 4-H Fashion Show. Entry categories and requirements are listed on a separate page in this newsletter. Entries are due on 4-H Online by *March 22*; the District Fashion Show will be held at the Lubbock County Extension Office on **March 30** at 4:30 pm. **Please contact Ronda by March 15 if you plan to participate and which category you plan to compete in; if possible, we would like to get everyone in a different category for District.** All registration details are not available yet, but should be within the next week. We don't want to miss any registration deadlines.

## DISTRICT DUDS TO DAZZLE CONTEST

The District Senior Duds to Dazzle Contest will be held on **May 3** (probably at the Lubbock County Extension Office). Please contact Ronda if you are interested in participating; we currently have one senior team.

The Junior and Intermediate Duds to Dazzle Contests will be held on **July 15**.

## COUNTY 4-H COMMUNITY SERVICE

This year, our county-wide community service will be supporting the "Texas Boys Ranch." 4-H'ers may bring the following items to donate to the Boys Ranch: any individually wrapped snacks such as crackers, cookies, animal crackers, gummy/fruit snacks, etc.; or gallon containers of 100% Apple juice. Please bring donation items by the Extension Office during March or to the County 4-H Food Show.



## MEALS ON WHEELS OPPORTUNITY

We will also be able to assist with Meals on Wheels and their weekend meal pack preparations. On Thursday, **March 18** from 1-2:30 pm, 4-H'ers will meet at the Meals on Wheels location at 2304 34<sup>th</sup> to assist in the assembly line production of their weekend meal packs. Please RSVP to Ronda at 775-1740 by *Monday, March 15*, if you plan to assist with this activity - **YOU MUST** RSVP by the 15<sup>th</sup> to assist!



## YEAR-ROUND COMMUNITY SERVICE FOR MEALS ON WHEELS

Please save your grocery store paper sacks for the Meals on Wheels - Senior Hunger Campaign. Sacks should be barely used, with handles intact, stored flat. You may bring your donations by the Extension Office and we will deliver them. We especially need sacks for December and a Clover Project Community Service that we participate in.

Sincerely,

*Ronda Alexander*

Ronda Alexander  
CEA 4-H





## **DISTRICT SENIOR 4-H FASHION SHOW**

### **NATURAL FIBERS DIVISION - CONSTRUCTION DIVISION - BUYING DIVISION**

#### **NATURAL FIBERS DIVISION**

Senior 4-H'ers may enter one category in the Natural Fiber division, as well as one other category in another division at the District level. One top scoring individual in each of the two natural fiber categories (cotton and wool/mohair/alpaca) will advance to the Texas 4-H Natural Fiber Competition regardless of his or her placing in the fashion show divisions/categories. **Seniors need to complete the Natural Fiber entry form found:**

[http://texas4-h.tamu.edu/wp-content/uploads/fashiont\\_show\\_natural\\_fiber\\_entry\\_form\\_2021.pdf](http://texas4-h.tamu.edu/wp-content/uploads/fashiont_show_natural_fiber_entry_form_2021.pdf)

For specific information, please view the 2020 Texas 4-H Fashion Show Natural Fiber Rules and Guidelines at [http://texas4-h.tamu.edu/wp-content/uploads/fashiont\\_show\\_natural\\_fiber\\_general\\_rules\\_guidelines\\_2021.pdf](http://texas4-h.tamu.edu/wp-content/uploads/fashiont_show_natural_fiber_general_rules_guidelines_2021.pdf)

#### **CONSTRUCTION DIVISION**

1. Garments may be constructed by sewing, knitting, or crocheting. Accessories may be purchased.
2. All garments worn (garments that are visible – i.e., blouse under jacket or vest) during the interview process must be constructed. Close-fitting legwear, tights, and pantyhose do not need to be constructed.

**Seniors need to submit the Construction Worksheet found in the state packet**

<https://texas4-h.tamu.edu/projects/fashion-interior-design/>

**Casual Everyday Living** - Includes casual sportswear, weekend-wear, sleepwear, clothing for school, casual after-school events, or hanging out with friends

**ReFashion** - The result of modifying existing clothing or fabric item (such as table cloth or curtain) into something more fashionable. The main purpose of ReFashion is creativity, as well as sewing skills. The member designs and sews a wearable garment from previously used garments or fabric item. The completed garment is different from its original use, not just an alteration. (Examples: neck ties sewn together to form a skirt or taking old t-shirts and making them into a skirt)

**PLEASE TAKE A BEFORE PHOTO FOR THIS CATEGORY!!**

**Semi-Formal to Formal** - Entry must be designed for semi-formal to formal occasions and made from fabrics intended for the same. Original material must be fabric and not from recycled items.

**Theatre/Costume** – Garment intended for use as a costume, which would include stage production. May be sewn from fabric or from another garment. These garments may be unusual or innovative materials; imaginative but wearable.

#### **BUYING DIVISION**

**Seniors:** All garments worn (garments that are visible - i.e., blouse under jumper) during the interview process must be purchased and included on the buying entry form. **Seniors need to submit the Buying Worksheet found in the state packet** <https://texas4-h.tamu.edu/projects/fashion-interior-design/>

**Business/Interview Attire** - Entry should be an outfit you would wear for a job interview, scholarship interview, job fair, or other professional event. 1. Professional – This is a more traditional, conservative approach (e.g., business suit or blazer, tie and dress slacks for men; business suit, pantsuit, or jacket and dress for women) and may vary by employer or industry. 2. Business Casual – This trend is more relaxed and comfortable but demonstrates good judgment in choices and displays a neat appearance (e.g., polo shirt, shirt with a collar or sweater, khakis or other slacks, dress or casual leather shoes for men and women; moderate length dress or skirt for women).

**Fantastic Fashions under \$25** – This category is designed to expand the 4-H member's shopping experience to include different shopping venues. Outfits must be purchased at a garage sale, consignment store, Goodwill, Salvation Army, or other retail business. Receipts are required for everything that is visible during the interview, except shoes. Receipts for garage sales can be handwritten. This includes jewelry and accessories. Do not need to account for sales tax.

**COPY OF RECEIPTS REQUIRED FOR ENTRY!!**

**Semi-Formal to Formal** – Entry must be designed for semi-formal to formal occasions and made from fabrics intended for the same. This includes men's suits and tuxedos and women's dressy dresses, formal gowns, wedding dresses, and bridesmaid dresses.

**Special Interest** – Entry should be a specific outfit that you NEED to know how to purchase wisely. Entry should be something that reflects a special interest of the participant, such as equestrian clothing and riding apparel, dance costumes, hiking clothing, or rock climbing clothing.

LUBBOCK COUNTY 4-H FOOD SHOW  
ENTRY FORM - DUE MARCH 12

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:

Main Dish \_\_\_\_\_

Side Dish \_\_\_\_\_

Appetizer \_\_\_\_\_

Healthy Desserts \_\_\_\_\_

Title of Recipe \_\_\_\_\_

(Attach a copy of recipe to this form)

Project Form Attached - optional

LUBBOCK COUNTY 4-H FOOD CHALLENGE  
ENTRY FORM - DUE MARCH 12

Division      Junior \_\_\_\_\_  
                     Intermediate \_\_\_\_\_  
                     Senior \_\_\_\_\_

Team Name \_\_\_\_\_

- Team Members: \_\_\_\_\_  
   \_\_\_\_\_  
   \_\_\_\_\_  
   \_\_\_\_\_

Coach(es) \_\_\_\_\_  
   \_\_\_\_\_  
   \_\_\_\_\_

Completed and Current 4-H Profile on 4-H Online for each member  
- \_\_\_\_ yes