

4-H Food and Nutrition Project - Lubbock County - Fall 2023

COUNTY-WIDE 4-H WORKSHOP SERIES

Dear 4-H Family,

Your child is invited to participate in the 4-H Food and Nutrition Project. There are many different opportunities that you will learn about in this newsletter.



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, project activities may be done on an individual basis, or you may participate in the county opportunities found in this newsletter. Please contact the Extension Office 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 costs. 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.

“Cooking in the Kitchen” workshops will be held on Tuesdays, October 3, 10 and 17 from 4:45 - 5:30 pm at the County Extension Office. These hands-on workshops will teach youth the information and skills needed to participate in the Food Show, Food Challenge and FCH Quiz Bowl. There is no cost to participate; however if possible, please RSVP by Monday, October 4, if you will be able to attend, in order for the correct amount of supplies to be purchased. RSVP to the Extension Office at 806-775-1740.



COUNTY-WIDE 4-H TOUR

A county-wide food and nutrition project tour is planned for Thursday, October 5 at 5 pm at Natural Grocers - 7208 Slide Rd, Lubbock. There is no cost to participate, however everyone attending needs to RSVP to the Extension Office by Monday, September 25. We will meet for a tour and recipe demonstration.

ONE DAY 4-H

On Saturday, October 7 from 10-12 pm, we will be performing a community service for the Bayer Museum of Agriculture, located at 1121 Canyon Lake Drive. Activities will include picking up trash around the museum and also assisting with dusting exhibits in the Museum. Please RSVP to the Extension Office by Thursday, October 5, if you plan to attend.



COUNTY 4-H COMMUNITY SERVICE

This year, our county-wide community service will be supporting the “Meals on Wheels” Senior Hunger campaign with a canned food drive. Items to donate: non-perishable, individually packaged food items for Weekend Meal Program - instant oatmeal, cream of wheat, small boxes of cereal, pudding, soup-individual size, tuna, vienna sausage, cheese or peanut butter crackers, granola bars, cookies, snack cakes, tea, coffee, and cocoa. Please bring donation items by the Extension Office during October or to the County 4-H Food Show.



In January we will also be assisting with filling the weekend bags on Thursday, January 4 (tentatively set) from 2:30 - 3:30 pm at the Meals on Wheels location - 2304 34th, which are distributed on Friday's to Meals on Wheels recipients. For now, mark your calendar! You will receive final details in the next 4-H Newsletter.

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: Tuesday, October 24
- Judging to begin at 5:45 pm 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 by Monday, October 16 at 5 pm

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 & NUTRITION PROJECT OBJECTIVES:

4-H'ers will:

- Develop healthy eating habits to reduce the risk of chronic disease.
- Develop food preparation, safety and nutrition skills.
- Provide leadership and public speaking opportunities.
- Provide opportunities for participants to connect MyPlate and Dietary Guidelines to their daily lives.
- Learn about nutrients and the health benefits they provide to the body.

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 Monday, October 16, to the County Extension Office or you may 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; clovers will only prepare a dish and participate in the interview;

CATEGORIES - for 2023-24

This year's 4-H Food Show theme, "**Cooking Through the Decades**"....Take a trip back in time and explore different dishes that were popular in years past! Some of our most favorite recipes and dishes were made popular in a different decade that we live in today! Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with. Whether it be grandma's favorite meatloaf from the 50's or a homemade version of a Pop Tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from any past decade and should be recreated to be healthier, safer, and more nutritious.

If you need assistance in finding a recipe for the Food Show, the following resources are also available for you.

THEME RESOURCES

20th Century Food Timeline

<https://www.foodtimeline.org/fooddecades.html>

All Recipes - Convert Vintage Recipes for Modern Kitchens

<https://www.allrecipes.com/article/how-to-convert-vintage-recipes-for-modern-kitchens/>

Taste of Home

<https://www.tasteofhome.com/collection/vintage-recipes-from-every-decade/>

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

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 DISH - 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 combination vegetables dishes.

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 low in fat, sodium, and calories so as to not ruin one's appetite.

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. Participants will be asked to remove any other material besides a serving utensil, napkin and edible garnish. 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 should describe briefly their inspiration in choosing that dish based on the theme: Cooking Through the Decades. 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 describe their inspiration in choosing their recipe, how the recipe relates to the current food show theme "Cooking through the Decades," and other points listed on the score card: knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety concerns. They will then have an additional 4 minutes to answer questions from the judges related to the scoresheet in the areas of: Knowledge of MyPlate, Nutrition Knowledge, Food Preparation, and Food Safety concerns.
- 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.

Skill Showcase: Youth will also 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. Examples of the skills to be assigned include, but not limited to garnishing, themed food, table-settings, knives, meal planning, product selection/identification and measuring ingredients.

Senior Knowledge Showcase: Senior participants will need to employ their decision-making and knowledge related to food purchasing, preparation, nutrition and food safety to answer questions on a quiz. Food Show participants will take the quiz either prior to or immediately after their designated food show judging time (depending on available time schedule).

DISTRICT 4-H FOOD SHOW

New for this year: 4-H'ers placing first and second 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 Sundown on Saturday, November 18 in Sundown.

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. For District only, participants are required to pay a \$15 entry fee.

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 November 6 if you would like to participate; display applications must be submitted via google forms link at <https://forms.gle/Qax519W6j8wyLW4p8>



FCH 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 the Extension Office as soon as possible to sign up and get started. Teams compete as Juniors, Intermediates (may be both juniors and intermediates) and Seniors. All teams may advance to the District Contest which will be held in Sundown on Saturday, November 18.



UNITED SUPERMARKETS DISTRICT 2 4-H GRILLING GAMES

The United Supermarkets District 2 4-H Grilling Games will be held on Saturday, October 21 at the Texas Tech University Animal and Food Sciences Parking Lot. Registration is open until October 10 on 4-H Online, call the Lubbock County Extension Office; after October 13, late registration is available through October 17, there is an additional \$50 fee for late registration. The entry fee is \$5 per category: corn on the cob, boneless pork chop, hamburger patty, and chicken legs; and dessert. Check the Facebook page: "District 2 4-H Grilling Games;" for specific rules and contest information.



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 Monday, October 16 at 5:30 pm at the County Extension Office (prior to the 4-H Parent Leaders Association and Teen Council meetings at 6:30 pm. 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 for Juniors and Intermediates will be December 2 at 9 am in Lubbock; Seniors will compete on December 4 at 6 pm in Lubbock. We will have a practice County Decision-Making Contest prior to the District event.

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 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 Monday, October 30 in Levelland. Our county practice contest will be held on Sunday, October 22 at 2 pm in the Bank Lobby on the first floor of the County Extension Office Building. Please sign-up by Monday, October 13th if your team is planning on participating in the County practice; registration for the District competition is due by October 13 on 4-H Online. If you do not have a team, please contact Cory Edwards to see about participating on a county-wide team. This year teams may participate as a Junior, Intermediate (may include juniors) or Senior team. **Rules for Food Challenge have changed from previous years; if you do not have a copy, please contact Cory Edwards for updated information.**



Sincerely,

Ronda Alexander

Ronda Alexander
CEA 4-H



LUBBOCK COUNTY 4-H FOOD SHOW
ENTRY FORM - DUE OCTOBER 16

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 Online - __ yes

Division Junior _____

Intermediate _____

Senior _____

Clover Kids _____

Category:

Main Dish _____

Appetizer _____

Side Dish _____

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 OCTOBER 13

Division Junior _____
 Intermediate _____
 Senior _____

Team Name _____

- Team Members: _____

Coach(es) _____

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