

## 4-H Food and Nutrition Project - Lubbock County - Fall 2015

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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.

### COUNTY-WIDE 4-H WORKSHOP

On **Sunday, October 11 from 2 - 5 pm** we will have a county-wide 4-H Workshop at the County Extension Office. At the workshop we will be focusing on “Outdoor Cooking.” Please RSVP to the County Extension Office by *October 9*, if you plan to attend. There will be a \$5 per 4-H’er participant fee to cover the food costs. 4-H’ers should also bring a chair, tables will be provided.

### COUNTY-WIDE 4-H TOUR

A county-wide food and nutrition project tour is planned for **Tuesday, October 13**. Afternoon activities will include:

4:30 pm	Tour Food King, 8208 Slide Rd.
5:15 pm	Honey Glazed Hams, 3424 82 <sup>nd</sup> St.

All 4-H’ers and parents are invited to participate in the tour. Please RSVP to the Extension Office by *October 12*, if you plan on participating. Parents are needed to assist with transporting 4-H’ers on 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 to the Extension Office by *October 16* or to the County 4-H Food Show.

## 4-H DAIRY CONTEST

This year, we will not have county “Dairy Judging” practices. The District 4-H Dairy Judging competition will be held on **December 5 at 9 am** at Christ the King School. To compete in the District competition, please notify Ronda by *November 23* so that she can complete the District registration. Any youth may participate in this competition. For competition information and study materials, please contact Ronda Alexander.



## COUNTY FOOD SHOW

This is an optional activity, 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 17**  
(Judging to begin at 1 pm)  
Awards program held following completion of judging).

**WHERE:** Lubbock County Extension 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 in the mail. 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, October 9, 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)
- 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 2015-16

This year's theme is “Picnic Perfect.” This theme will allow participants the opportunity to explore many aspects of food preparation, food safety, creative recipes and more! Concentrate on foods that could be enjoyed when spending a day at the park, a leisurely afternoon at the beach, or an outside family gathering. **All four food categories may use ovens during food preparation. However, oven time is limited to 75 minutes in all categories.**

**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, Intermediate and Senior participants, each contestant will start with a maximum 3-minute presentation to introduce themselves and their dish, and may describe briefly their inspiration in choosing their dish based on the theme “Bringing Texas to the Table.” You may also include your experience in the 4-H food and nutrition project.
- Participants will then have an additional 5 minutes to answer judges questions, according to the scorecard.
- Finally, participants will have 1 minute to serve the judges a portion of their dish.

### 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 7**. 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 16* 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. Senior practices have been scheduled for Wednesdays at **6:15 pm** at Lubbock Christian High School, beginning on **October 7**. For Juniors and Intermediates, 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

Consumer Decision-Making project practices have been scheduled for Tuesdays, beginning on **October 13 at 6:30 pm** at the County Extension Office; **October 20, 27, November 10, and 17**, with a county practice competition to be held on **Tuesday, December 1**. All age groups will practice together. The District Contest will be December 5 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 19** in Levelland. Our county practice contest will be held on **Monday, October 12** at the Lobby meeting room in the Extension Office building; please sign-up by *Friday, October 9th* if your team is planning on participating, and to sign up for the District competition. If you have not signed up yet, please contact Ronda to see about participating on a team. This year teams may participate as a Junior, Intermediate (may include juniors) or Senior team. If you would like to work with a team, please also let Ronda know; we do have some youth interested, but not on a team yet.



## ONE DAY 4-H



Hopefully each of you have marked your calendars for **Saturday, October 10**. 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 - 12 pm; the Farm is located at 304 76th. Please call Ronda by *October 10*, if you plan to attend or need assistance with directions.

Sincerely,

*Ronda Alexander*

Ronda Alexander  
CEA 4-H

Individuals with disabilities who require an auxiliary aid, service or accommodation in order to participate in Extension sponsored meetings are encouraged to contact the County Extension Office at 775-1740 to determine how reasonable accommodations can be made.

LUBBOCK COUNTY 4-H FOOD SHOW  
ENTRY FORM - DUE OCTOBER 9

Name \_\_\_\_\_

Address \_\_\_\_\_

City, ZIP \_\_\_\_\_

Phone Number \_\_\_\_\_

School Name \_\_\_\_\_

Principal's Name \_\_\_\_\_

4-H Club \_\_\_\_\_

Date of Birth \_\_\_\_\_

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

