

## 2003 FAVORITE FOODS SHOW

The Favorite Foods Show is scheduled for 10:00 am on Saturday, February 22, 2003 at the Agri-Exposition Center. Registration deadline is Wednesday, February 19th. (Any entries after this date will be participation only.)

The purpose of the Favorite Foods Show is to give 4-H members a chance to exhibit a favorite food and to demonstrate proper table setting techniques. Questions about the preparation of the favorite food, etc., may be asked by the judges.

Divisions: PIL (5-8) participation ONLY, JR. (9-13), SR. (14-19).

In each division, contestants may enter food in one of the following categories:

1. Appetizers - sausage balls, cheese balls, party sandwiches, etc.
2. Main Dishes - meats & poultry, spaghetti, meat casseroles, etc.
3. Vegetables - yams, potatoes, string beans, casseroles, etc.
4. Salads - fruit salads, congealed salads, vegetable salads, etc.
5. Breads - biscuits, sweet potato bread, muffins, etc.
6. Desserts - cakes, pies, cookies, candies, etc.
7. Beverages - lemonade, punch, milkshake, etc.

### GENERAL RULES:

- a. Each contestant will do his or her own preparation, exhibiting & clean up.
- b. The Favorite Food should be basically prepared at home, but last minute preparations may be done at the show.
- c. Contestant's exhibits will include a serving dish containing all foods made from the recipe submitted. The exception to this would be a quantity recipe, such as cookies, of which an attractive arrangement should be made. Individual portions will be served to the judges in plates furnished by the 4-H Office.
- d. The exhibit should include a complete table setting for the planned menu.
- e. Contestant will arrange exhibit on tables.
- f. Contestant should provide an appropriate centerpiece.
- g. Recipes for the food should be typed or printed on an index card to be displayed with the place setting. Include name of food, ingredients, procedure, your name & age.
- h. Type or print a planned menu including food prepared on an index card to be displayed with place setting.
- i. Contestants are to provide their own equipment; such as table appointments, serving tools, small cooking equipment, small electric appliances and groceries.
- j. Equipment that will be available for contestants: range, refrigerator, work tables & equipment for serving judges. Tables will be furnished by the County.
- k. Awards - All entries will receive a ribbon. First place in each category (JR. - SR.) will receive a \$10.00 scholarship.

\*\*\*General order for the menu to be written or typed on a card: Meat, Vegetables, Salad, Bread, Dessert, Beverage

\*\*\*What To Bring: Favorite Food, Table Setting & Centerpiece, Copy of recipe on card, Menu for one meal written/typed on card.

Plans are to have the Favorite Foods Show recipes posted on our website at [www.sc4h.org](http://www.sc4h.org) after the show.