

FAVORITE FOODS SHOW

The Favorite Foods Show is scheduled for 10:00 am on Saturday, March 5, 2005 at the Agri-Exposition Center. *Registration deadline is Wednesday, March 2nd.* (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. Contestants' 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 , 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 after the show.

Please do not hesitate to call the 4-H Office at (910) 592-7161 with any questions.

W. DeLeon Wilks
Extension Agent
4-H Youth Development

