



Lights! Camera! Action!

Spotlight on Nutrition



District 11 4-H Food & Nutrition Contests Food Show & Food Challenge

Guidelines, Rules, and Regulations

Coastal Bend District 11 4-H Food & Nutrition Contests

December 5, 2009

Victoria Officer's Club - Victoria, TX

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(To be distributed to first-third place contestants
at County Food Show)

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Attachments:

- Texas 4-H Food Show Personal Information Page and Certification Form (for Seniors)
- Texas 4-H Food Show Record Form (for Seniors)
- Texas 4-H Food Show Scorecard (for Seniors, copy on white paper)
- District 11 4-H Food Show Record Form (for Juniors & Intermediates)
- District 11 4-H Food Show Scorecard - Junior (copy on pink paper)
- District 11 4-H Food Show Scorecard - Intermediate (copy on yellow paper)
- 4-H Food Challenge Team Worksheet (for informational purposes - not required entry material)
- 4-H Food Challenge Scorecard
- Judge Recruitment Form
- Map

Coastal Bend District 11

4-H Food Show

December 5, 2009

Victoria Officer's Club - Victoria, TX

INFORMATION AND GUIDELINES

FOOD SHOW EVENT INFORMATION

This activity is open to all 4-H members. The Food Show provides for educational and personal development and recognizes youth who excel in the 4-H Food and Nutrition program. The state level competition is open to senior 4-H members and is held during 4-H Roundup. There are similar processes at county and district levels. Refer to "State 4-H Food Show: Guidelines, Rules and Regulations," sent to each county Extension office, for the current year information or access the information online at <http://fcs.tamu.edu>

OBJECTIVES

Additional objectives of the 4-H Food Show are:

- To promote a sound image of the 4-H Food and Nutrition Program, both within Texas AgriLife Extension and throughout Coastal Bend District 11.
- To provide 4-H members an opportunity for additional learning experiences.
- To provide 4-H members an opportunity to be recognized for their achievements in the 4-H Food and Nutrition Program.

AGE DIVISIONS (see note below)

Membership - Contestant must be enrolled and actively participating as a 4-H member. The 4-H member must also be actively participating in a 4-H Food and Nutrition Educational Program.

Senior Division - Contestants must have passed their 14th birthday but not have passed their 19th birthday as of August 31, 2009.

Intermediate Division - Contestants must have passed their 11th birthday, but not have passed their 14th birthday as of August 31, 2009.

Junior Division - Contestants must have passed their 9th birthday (or be in the third grade) and not have passed their 11th birthday as of August 31, 2009.

NOTE~ For the 2009 District Contest: Junior & Intermediate may only participate in ONE Food & Nutrition Contest (Food Show OR Food Challenge). Seniors may compete in BOTH Food Show & Food Challenge if they so choose.

CERTIFICATION

The District 11 4-H Program Development Committee voted and approved at the September 21, 2006 meeting to allow 3 members per category from each county to advance to the District Food Show. Participants must be certified by their county Extension agent as one of the top three scoring individuals in one of the four entry categories in the junior, intermediate or senior division of the County 4-H

Food Show for district participation. This is a total of thirty six (36) contestants from each county. Each participant must “exhibit” the same food in the same entry category at the county and district level. Only the top scoring individual in each of the Senior classes will advance to State 4-H Food Show at Texas 4-H Roundup. The top scoring individual can not have previously won a category at State Food Show.

ELIGIBILITY

According to the Texas Education Code, a 4-H member must be deemed “eligible” to compete in an event that takes place on a Saturday.

All 4-H youth, including youth in public, private, and/or home school must adhere to the following guidelines regarding extracurricular activities and academic eligibility:

Complete a “Declaration of Eligibility Form”

or

Name of 4-H'er must appear on a list of eligible students to participate in a specific extracurricular activity signed by the school principal or designee.

If a 4-H member is ineligible for a 4-H competitive event, the agent must notify the 4-H member, their parents, and the district office, by letter, of this situation. If the parent has any questions, they should be referred to the school administrator.

ENTRY PROCESS

Participants will also be **REQUIRED** to register for the District 11 4-H Food Show on 4-H CONNECT. The registration will be open from 12:00 a.m. on **Thursday, October 1 thru 12:00 Midnight on Monday, November 16**. 4-H members may submit an entry at any time during this registration period.

All entries on 4-H CONNECT must be certified by the respective county Extension agent. County Extension Agents must certify all food show entries on 4-H CONNECT within two business days following registration deadlines.

Submitting an entry on 4-H CONNECT is only part of the registration process. All required entry materials must be sent to the District Office, with a **postmark deadline of Tuesday, November 17, 2009**.

ENTRY FEE

Each 4-H Food Show participant must pay an entry fee of \$7.00 when registering via 4-H CONNECT. Participants have the option to pay by credit card, personal e-check or club/county check. 4-H members that register but do not attend the food show are still obligated to pay the \$7.00 entry fee. **No refunds will be given for any reason!**

DISTRICT DEADLINE

All entries must be submitted online via 4-H CONNECT **by Monday, November 16**. All registrations must be certified by the county Extension agent within two business days following CONNECT registration deadlines.

The following items are due in the District Office with a **postmark deadline of Tuesday, November 17, 2009**. All counties are expected to adhere to this deadline.

- Participant folders, with all required entry materials
- Judge Recruitment Form

COUNTY DEADLINES

Counties may set individual deadlines as needed. However, all counties are required to adhere to the district deadline. Therefore, it is important that counties conduct their County Food Show accordingly, to allow for district entries to be submitted on time. **Late entry folders will disqualify the participant.**

JUDGE RECRUITMENT

All counties are asked to recruit two volunteers to serve as judges for the food show. Each person recommended to judge should be qualified to serve as a judge of the District Food Show, with prior judging experience (on the county level). Names and addresses should be submitted on the Judge Recruitment Form to the District Office, postmarked by **November 17, 2009**. Please submit only names of adult leaders who have agreed to serve as judges and who will be present for the orientation at 9:00 a.m.

REQUIRED ENTRY MATERIALS

Please enclose required entry materials for each contestant in a plain manila folder with the following information in the upper right hand corner (folder positioned as it would be in a file drawer):

Name
County
Category
Age Division

Senior Contestants:

- Texas State 4-H Food Show Personal Information Page and Certification Form
- Texas State 4-H Food Show Record Form
- **Three** copies of the 2010 4-H Food Show Scorecard (white paper) with contestant information completed

Junior and Intermediate Contestants:

- District 11 4-H Food Show Record Form
- Two copies of District 11 4-H Food Show Scorecard (Junior on pink paper; Intermediate on yellow paper) with contestant information completed

ENTRY CATEGORIES – All Age Groups

Four entry categories allow for presentation of a variety of foods in the Food Show. The categories also provide an opportunity for contestants to exhibit a variety of food preparation principles.

It is strongly urged that 4-H'ers choose recipes that are relatively simple (i.e. less than 7 ingredients, 1 dish meals, etc.). A 1 hour and 15 minute oven baking time limit exists for State Food Show contestants for all recipes in the three categories of Main Dish, Bread and Cereal, and Fruit and Vegetable. No oven baking time will be allowed for foods entered in the Nutritious Snacks category (this includes microwave baking, convection and toaster oven baking). This applies to all age divisions!

Many recipes can be entered in more than one category. Examples are salad bread bowl, broccoli cheese casserole, vegetable soup, and macaroni and cheese. Participants need to be prepared to explain their recipe category if asked by a judge. Participants should consult with their county Extension agent and project leader when selecting a recipe category.

1. **Main Dish Category**

Foods classified as main dishes usually contain a meat or meat alternate such as cheese, eggs, dry beans or peas, or peanut butter. They may also contain other foods. Dishes to enter in this category may include: beef, veal, pork, variety meats, poultry, eggs, fish and shellfish, dry beans, casseroles, meat loaves, meat, poultry, fish pies, souffles, omelets, meat salads, sandwiches, dry peas, soybeans, soups and chowders.

2. **Fruit and Vegetable Category**

Side dishes or foods that are usually served along with a main dish or as accompaniments to the main course. These are usually fruit or vegetable dishes. Suggested dishes to enter in this category may include: salads, cooked vegetables, cooked fruits, relish tray, vegetable casseroles, fruit platters and combination vegetable dishes.

3. **Bread And Cereal Category**

Suggested dishes to enter in this category may include: quick breads, yeast breads, hot roll or bread mixes, rice dishes and pastas.

4. **Nutritious Snacks Category (No baking time for all age divisions.)**

Snacks are commonly eaten between meals by those having higher energy needs (such as teens and children). Snacks should provide energy and enhance diet quality. Suggested dishes to enter in this category may include: milk drinks and floats, fruit drinks, dips and dippers, fondues, custards, sandwiches, party foods and refreshments, appetizers, pizzas and nutritious no-bake cookies.

Note on Ingredients:

- When choosing a dish, Senior contestants need to keep in mind what ingredients will be available in College Station in June.
- No alcohol or alcohol-containing ingredients can be used.

PREPARATION OF 4-H MEMBER

Note: Encourage contestants to select recipes that follow sound dietary practices. A healthy diet is described in the consumer brochure, ***Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans***. 4-H participants should be familiar with the information contained in this brochure. The consumer brochure is available at:

<http://www.cnpp.usda.gov/Publications/DietaryGuidelines/2005/2005DGConsumerBrochure.pdf>

Contestants should also be familiar with the information contained in the two-page handout, My Pyramid: Mini Poster. The handout is available at:

<http://www.mypyramid.gov/downloads/MiniPoster.pdf>

PREPARATION OF FOOD

- All food displayed must be prepared prior to the Food Show. EXCEPTION: Members may only add garnishes or stir dishes upon arrival at District Food Show.
- There will not be a preparation area or time designated for preparation.
- Contestants are expected to prepare their own dish; last minute preparation/assistance on-site of the food show may only come from other 4-H members - NO ADULTS!
- All garnishes must be edible.

PRESENTING THE DISH TO BE JUDGED

The contestant's dish will be presented in a serving dish, or if appropriate, the dish in which the food was cooked or baked. In some instances, it is not necessary to present the entire recipe. For example, if a recipe makes a 9" x 13" casserole, the dish could be divided and baked in an 8" x 8" dish.

Senior contestants are to bring the entire dish being entered in the food show. Juniors and Intermediates have the option of bringing one serving of the entry dish, instead of the entire dish. For example, a participant may bring one serving (glass) of a fruit smoothie, rather than bringing an entire pitcher of fruit smoothie.

Fancy or elaborate placemats, linens, centerpieces, candles, etc., are not to be included with the dish as it is presented for judging interviews.

Contestants should use only serving dishes and utensils appropriate and necessary to present and serve the dish to be judged.

JUDGING PROCESS

Total judging time: 7 minutes

All contestants from the same county will be called to line up prior to going into the judging room. At the designated judging time, the county group will then be escorted into the judging room.

The contestant will come to the team of judges with the entry display. The 4-H'er may stand or sit behind the display while the judges sit facing the participant across the table. Entry display may only consist of the entry serving dish, serving utensil and napkin for serving utensil.

To start the interview, each participant will introduce him-/herself to the judges with his/her name and the entry dish name. Following the introduction, each participant is allowed a **maximum of three minutes** to present information on any combination of the following topics. It will be an oral presentation with no handouts or visuals.

- Project activities from current year's project
- Special learning experiences from current year's project
- Leadership activities from current year's project
- Career options explored in current year's project
- Dietary lifestyle choices explored in current year's project (Examples: new foods experienced, special diet information, special food needs, why the entry dish was selected, category selection - why the dish was chosen to be submitted in a certain category, etc.)

NOTE: This three-minute oral presentation is **required** of all senior participants. However, it is **optional** for junior and intermediate participants.

The judging team will have four minutes following the participant presentation to address topics listed below, as well as topics listed above that were not addressed by the participant. All participants are encouraged to review the scoresheet in order to be prepared for topics of questions. Some topics include:

- Preparation principle(s) or critical step(s) in preparation of dish
- Function of ingredient(s) in entry dish
- Substitutions made (or that could be made) for ingredient(s) in entry dish
- Nutrients and nutrient functions as they relate to the food groups and entry dish
- Relationship of the entry dish to Dietary Guidelines as explained in the consumer brochure, *Finding Your Way to a Healthier You*
- Approximate calorie content and cost for a serving of the entry dish
- Food safety concerns during the purchasing, preparing, serving and storing of the entry dish
- Menu ideas to complement the entry dish

Seniors Only: Serving of the entry dish will also occur during the judging time. Participants should serve judges only a small portion of the dish. Juniors and Intermediates will NOT serve the judges. Tasting of food will not be allowed at the District 11 4-H Food Show.

Upon completion of the interview, the contestant will leave the judging station and position his/her food on the assigned display table.

DISH DISPLAY

No individual place settings, tablecloths, placemats, or table decorations will be allowed. **Displays for the public viewing may be more elaborate.** Please remember that each contestant is allowed a space of approximately 24 inches wide and 12 inches deep. Large table cloths, silver trays, etc. are not appropriate for the display because of these space limitations.

At a designated time, the display area will be open for public viewing. All exhibits must stay on display until the awards program has ended. No exhibit will be allowed to leave the area until that time.

SCORING AND PLACING

Junior, Intermediate, and Senior placings (1st, 2nd and 3rd) will be determined by rank. The judges will collectively decide upon the rankings, and the superintendent at the judging station will turn the placing sheet and entry folders into tabulation.

Once announced, all placings are final!

TIE BREAKER PROCEDURE

If ties should occur, the ties shall be broken using scores of various categories on the scorecard. The order followed will be: Interview and Contestant Presentation (45 points), Project Record Form (25 points), Communication Skills (15 points), Food (10 points), and Recipe (5 points).

PICTURES

Pictures will be taken of county groups just before the awards ceremony for publicity in local newspapers. All contestants should report to the photograph area when their county is called. The pictures will be e-mailed to each county office after the food show.

AWARDS PROGRAM

The awards program is scheduled to begin around 1:00 p.m. (This is an *approximate* time!) Awards will be presented to the first place contestants of each category.

Rosettes will be awarded to the second and third place contestants of each category.

If available, participation ribbons may be awarded to other contestants in the Food Show.

APPEALS COMMITTEE

Should a discrepancy/problem arise, it shall be referred to the Appeals Committee for a ruling. All rulings by the Appeals Committee are final. The Appeals Committee shall be made up of the Food Show Committee, with the District Extension Administrator and 4-H Specialist serving as Ex-officio members (present, not voting).

Coastal Bend District 11

4-H Food Challenge

December 5, 2009
Victoria Officer's Club - Victoria, TX

INFORMATION AND GUIDELINES

FOOD CHALLENGE EVENT INFORMATION

This year at the District Food Show, you will have a unique opportunity to participate in a fun and innovative food and nutrition competition. The 4-H Food Challenge was developed by county Extension agents to address the need for a new, "highly charged" foods experience. This contest, modeled after such competitions as the Food Network's "Iron Chef," challenges teams of 4-H members to create a dish using only a predetermined number of ingredients. From these ingredients, team members must identify and prepare the dish, then make a presentation about it to the judges. The presentation will include information about the serving size, nutritional value, and cost of the dish. The 4-H Food Challenge allows 4-H members to demonstrate their culinary and food safety skills to judges and observers.

OBJECTIVES

- Provide opportunities for participants to exhibit their knowledge and skill when preparing and presenting a dish
- Provide opportunities for participants to learn from other team members
- Promote teamwork
- Give participants opportunities for public speaking
- Provide leadership opportunities
- Give 4-H members the opportunity to participate in a new, exciting, competitive event

CONTEST RESOURCES

All Food Challenge Contest resources can be found at: <http://texas4-h.tamu.edu/projects/foodchallenge.html>

PARTICIPATION

Participants must be 4-H members currently enrolled in a Texas 4-H and Youth Development county program and actively participating in the Food and Nutrition project.

AGE DIVISIONS (see note below)

Age divisions are determined by a participant's age as of August 31 of the current 4-H year. There are **ONLY TWO AGE DIVISION IN FOOD CHALLENGE.**

Junior/Intermediate Division: 8 years old and in 3rd grade (or 9 yrs old) to 13 years old

Senior Division: 14 to 18 years old

NOTE~ For the 2009 District Contest: Junior & Intermediate may only participate in ONE Food & Nutrition Contest (Food Show OR Food Challenge). Seniors may compete in BOTH Food Show & Food Challenge if they so choose.

TEAMS PER COUNTY

Each county may enter a maximum of four Junior/Intermediate teams and a maximum of two Senior teams. At the county contest, this will require that all teams within one age division be judged against each other and placed (not judged and placed according to food category).

MEMBERS PER TEAM

Each team will have at least three and no more than five members. Teams may not include members in different age divisions. See AGE DIVISIONS above.

SUBSTITUTION OF TEAM MEMBERS

Substitution of team members should be made only if necessary. Only the same number of 4-H members qualifying at the county level will be eligible to participate at the district level. No more than two team members may be substituted, up to the day of the Food Challenge. The substitute 4-H member must have participated in the county Food Challenge to be eligible.

ENTRY PROCESS

Participants will be **REQUIRED** to register for the District 11 4-H Food Challenge on 4-H CONNECT. The registration will be open from 12:00 a.m. on **Thursday, October 1 thru 12:00 Midnight on Monday, November 16**. 4-H members may submit an entry at any time during this registration period.

All entries on 4-H CONNECT must be certified by the respective county Extension agent. County Extension Agents must certify all food show entries on 4-H CONNECT within two business days following registration deadlines.

ENTRY FEE

Each participant will be required to pay a registration fee of \$7.00 when registering via 4-H CONNECT to cover the cost of ingredients and awards for the contest.

FOOD CATEGORIES

There will be four food categories in each age division: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks. Teams will be randomly assigned to a category, but assignments will not be announced until check-in the morning of the contest.

ATTIRE

Each team will have the option of wearing coordinated clothing, aprons or hair coverings.

RESOURCE MATERIALS PROVIDED AT CONTEST

Resource materials will be provided for each team at the contest. These include *MyPyramid*, *FightBac*, *Nutrient Needs at a Glance*, *Cooking Food Safely is a Matter of Degrees*, *Altering Recipes for Good Health*, *Food Challenge Worksheet*, and copies of grocery receipts. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest.

SUPPLY BOX

Each team must supply their own equipment for the challenge. Teams may bring only the supplies listed in the supply box section. Any extra equipment will be confiscated and the team may be disqualified. Please refer to the supply list posted on page 6 of the Food Challenge Manual at:

<http://texas4-h.tamu.edu/projects/foodchallenge.html>

AWARDS

District awards have not been determined at this time and will depend on sponsorships and entry fees collected. Mystery awards will be given based on sponsorship and committee.

ADVANCING TO STATE CONTEST

The top placing senior team in each food category (4) will advance to the state level competition to be held at Texas 4-H Roundup in June. Each district may enter one team *per food category*. Teams advancing will not automatically be assigned the same category as they were at district. At the state contest, Food Challenge will be a Wednesday contest.

RULES OF PLAY

1. Teams will report to the designated location for check-in.
2. Each team will be directed to a cooking/preparation station. There will be a set of ingredients at each station, but no recipe. The ingredients will represent a recipe from one of the following categories: Main Dish, Fruits and Vegetables, Bread and Cereal, and Nutritious Snacks.
3. General guidelines, resources and instructions will be located at each station to assist the team.
4. Each team will have 40 minutes to prepare the dish, plan a presentation, and clean up the preparation area.
5. Each team may be given a challenge/obstacle to overcome during the contest.
6. Only participants and contest officials will be allowed in food preparation areas.
7. Preparation of food and presentation:
 - a. **Preparation:** Each team will have ingredients and will create a dish using them. The AMOUNTS of ingredients and a CLUE will be at each station to assist the team. Note cards and the Food Challenge Worksheet may be used to write down the recipe that the team invents, along with notes related to nutrition, food safety, and cost analysis. Be exact on ingredients used, preparation steps, cooking time, temperature, etc.

b. Food safety: Each station will have food safety resources. Follow the steps listed to ensure proper food safety. Be prepared to discuss food safety practices used in the team presentation to the judges.

c. Nutrition: Each station will have a variety of nutrition resources/references. Each team must name key nutrients in their dish and their functions, and identify where the dish belongs on MyPyramid. Refer to the nutritional information provided at each station.

d. Cost analysis: Prices will be available for each ingredient. Find the ingredients on the list and calculate the price of the dish along with the price per serving. Teams will determine the number of servings per recipe

e. Presentation: When time is called, each team will present their dish, according to the criteria on the score card, to a panel of at least two judges. Teams must be able to communicate with the judges effectively. All team members must participate in the presentation, with at least three of them having a speaking role.

Judging time will include:

5 minutes for the presentation

3 minutes for judges' questions

4 minutes between team presentations for judges to score and write comments

f. Clean-up: Teams must clean up their preparation areas. Clean-up time is included in the 40-minute preparation allotment. Teams should plan to not have access to a kitchen facility; therefore, dirty dishes should be placed in a plastic container or box to be cleaned at home. Left-over food should be disposed of properly.

8. Judges are not allowed to taste the foods prepared. No left-over food should be shared with any participant or the audience.

9. Placing will be based on rankings of teams by judges. Judges' results are final.

10. An awards program will be held at the conclusion of the judging process.

DISTRICT 11 4-H FOOD & NUTRITION CONTESTS
TIME SCHEDULE
December 5, 2009
Victoria Officer's Club - Victoria, TX

FOOD SHOW

8:30 a.m. Judges arrive - Victoria Extension Office
Refreshments

9:00 a.m. Judges' Orientation - Extension Office

9:10 a.m. Participants Begin Arriving
Check in at Victoria Officer's Club

9:30 a.m. Judging Begins*

9:30 a.m. Victoria, Jackson, Calhoun, DeWitt, Goliad

10:15 a.m. Refugio, Lavaca, Wharton, Bee, Aransas

11:00 a.m. Karnes, San Patricio, Matagorda, Fayette

11:45 a.m. Colorado, Nueces, Austin, Washington

12:30 p.m. Dish Display

12:45 p.m. County Pictures - Victoria Officer's Club

1:00 p.m. Awards Program - Officer's Club
(This is an approximate time!)

FOOD CHALLENGE

8:30 a.m. Judges arrive - Victoria Activity Center
Refreshments

9:00 a.m. Judges' Orientation - Activity Center

9:10 a.m. Participants Begin Arriving
Check in at Victoria Officer's Club

9:30 a.m. Food Challenge Begins

Depending on the number of entries, Food Challenge may be run in 2 heats. If so, county teams will be assigned a specific contest time. A final schedule will be sent after the close of registration.

12:45 p.m. County Pictures - Victoria Officer's Club

1:00 p.m. Awards Program - Officer's Club
(This is an approximate time!)

* Scheduled judging times are approximate due to the allowance of each county to bring the top 3 individuals in each category and age group (potentially 36 participants per county).

All contestants are encouraged to arrive at least 20 minutes prior to the county's assigned judging time. A contestant who is late will be judged during an empty time slot or must wait until all judging is complete and then be judged depending on judging availability.

NOTE TO PARENTS/GUESTS: Only contestants and designated individuals will be allowed in the judging area. Noise levels must be kept to a minimum at all times.

MEMO TO: Top Three Placing County Food Show Participants

SUBJECT: District 11 4-H Food Show
Saturday, December 5, 2009
Victoria Officer's Club - Victoria, TX

Congratulations on placing as one of the top three individuals at your County 4-H Food Show. You have now earned the privilege to compete in the District 11 4-H Food Show, which will be held on Saturday, December 5, 2009, at the Victoria Officer's Club in Victoria, Texas. A map is enclosed.

This year, you are required to register for the District 11 4-H Food Show on 4-H CONNECT, an online registration system. Please note that you must register online **no later than Monday, November 16, 2009.**

Important information is enclosed in regard to the judging process at the District Food Show. We encourage you to read this information carefully in order for you to be fully prepared. Also enclosed with this memo is a schedule of events that will take place at the District Food Show. Please make a special note of your judging time. It is very important that you arrive in time to get ready for your judging and so that the judging process can remain on time.

There are some references you may want to review prior to participating in the District Food Show, in order to prepare yourself for the judging interview. They are:

- ***Finding Your Way to a Healthier You: Based on the Dietary Guidelines for Americans.*** This brochure is available at: <http://www.health.gov/dietaryguidelines/>
- My Pyramid: Mini Poster (two-page handout)
The handout is available at: <http://www.mypyramid.gov/downloads/MiniPoster.pdf>

Again, congratulations on your achievements within the 4-H Food and Nutrition Program. It is evident that you have worked hard to reach your goals, and have every right to be proud. Good luck at the District 4-H Food Show!

Sincerely,

Bethany Bowman, Chair
D-11 Food Show Committee

Jodi McManus
D-11 4-H Specialist

Enclosures:

Map
Judging Process (pg. 7)

Schedule of Events (pg 13)