



Extension

MERRIMACK 4-H FOOD SHOW

WHAT IS IT?

There are three ways to participate in this year's Food Show! Youth can enter a submission in one or more of the following categories 1. Recipe Book Submission, 2. Place Setting, or 3. Food Art. See below for more information about these events. Note: There will be no food tasting this year due to COVID-19. This is a Merrimack County 4-H specific event. There is no advancement to State 4-H Presents. Youth can take part on the state level at [4-H Makers Expo](#) by entering in the Grilled Cheese Challenge or the 4-H Makers Showcase.

WHO CAN TAKE PART?

Youth ages 5-18 are eligible to participate in any of the Food Show events. (This is a non-competitive event for Cloverbuds.)

1. RECIPE BOOK SUBMISSION:

Enter one recipe to be added to the "Merrimack County 4-H Cookbook". This could be a traditional recipe you make at home with your family, or something new you enjoy making. All participants will receive a copy of the cookbook once all the entries are received. Recipes will be judged in advance and displayed at Food Show. See [scoresheet](#) for more info.

- Recipes should include an ingredients list, detailed instructions to make the recipe, and a photo of the final product.
- Awards will be given and announced during the awards ceremony in the following categories:
 - Most Creative
 - Healthiest choices
 - Farm to Table (locally sourced ingredients)
- Some recipe ideas include a "make-ahead" Crockpot dinner, a holiday tradition, or your favorite thing to make for lunch.

How to submit your recipe:

- Recipe page format should follow the [example](#). Entries must be typed. No handwritten entries will be accepted.
- Entries should be submitted to Hannah Majewski at hannah.majewski@unh.edu by May 6. PDF format is preferable.

2. PLACE SETTING DISPLAY:

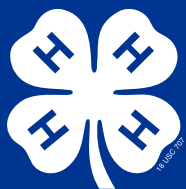
Every participant may have ONE informal place setting display.

- This is an individual effort.
- Place Settings is based on a theme.
- Select and organize a place setting for one person. You must use a place mat, napkin, utensils, dishes, glassware or cups, a simple centerpiece or focal point and another components you deem appropriate for your theme.
- Entries will be judged on theme, cleanliness, organization, color and creativity.
- No menu needed.
- Your Place Setting entry must contain a [Place Setting Card](#). Please fill out the card and set it up with your entry.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded. Check out the [scoresheet](#) to see what the judges will be looking for.

3. CREATIVE FOOD ART:

Work as an individual or team (within the same age division) to create food art using ingredients and tools provided the day of the event. No pre-plating, the art must be made by the youth at the event.

- Use a variety of ingredients to create your artwork.
- This is a timed event and all participants will be given 30 minutes to slice, prepare and display their art. All work must be done at the event.
- 4-Her's will be scored on creativity, originality, food safety, and construction. See [scoresheet](#) for further criteria.
- All participants will receive judging feedback and a ribbon. Plus three best of show ribbons will be awarded.
- Entries must include a [Creative Food Art Name Card](#) with your entry that includes name, club, age, and title of your food art.



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DAY OF EVENT:

- 8:30 - 9:00 AM: Registration/Set Up
- 9:00 - 11:00 AM: Creative Food Art & Place Settings
- 12:00 PM: Awards Ceremony

EVENT DETAILS:

- Arrive at event at 8:30 AM. The program starts at 9:00 AM.
- Too early an arrival means waiting around too long with food safety becoming a concern.
- The Food Show is in the lower section of the cafeteria.
- Once at the event, and your entry has been set up, you do not need to stay with your entry. We will have volunteers to watch over your stations.
- Once people have filtered through judging is complete and awards will follow.

THE PURPOSE OF THIS EVENT IS TO HAVE MEMBERS DEMONSTRATE:

- The ability to plan and prepare a nutritious food item.
- Knowledge of basic nutrition and food preparation skills. What are the health benefits of eating this food?
- Communication skills, teamwork, creativity, cleanliness, food safety, etc.
- How to arrange a creative place setting

RECIPE CHOICES:

This is a Healthy Living event where we are trying to promote good eating choices and healthy recipes. When working with members, please have them pick appropriate recipes for their age. Choosing nutritious recipes is important. Recipes that use whole grains, reduced-fat, salt, and sugar should be encouraged.

NO PEANUTS OR TREE NUTS IN RECIPES:

There is no use of nuts in recipes due to serious nut allergies. Avoid recipes with mayonnaise or whip cream, as they don't keep and we need to be concerned about food safety. Recipes should not be submitted that include alcohol as an ingredient.

FOOD SHOW RESOURCES:

- Cloverbud Food Art Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2141&context=extension>
- Cloverbud Place Setting Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2142&context=extension>
- Food Show - Creative Food Art Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2145&context=extension>
- Food Show - Place Setting Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2146&context=extension>
- Food Show - Name Card Sheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2147&context=extension>
- Food Show - Recipe Card Example: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2149&context=extension>
- Food Show - Recipe Card Scoresheet: <https://scholars.unh.edu/cgi/viewcontent.cgi?article=2148&context=extension>