

YOUTH (4-H/GRANGE) FOOD ACTIVITIES & CONTEST

DEPARTMENT 61

FAIR OFFICE: (509) 222-3749

Important Links

[Exhibitor Online Registration](#)

[4-H & FFA Rules](#)

[Entry Instructions](#)

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Before entering, please refer to Entry Instructions and Youth (4-H/Grange) & FFA Rules for rules and regulations.

1. Contact superintendent to set-up time for Activity/Contest.
2. You must bring everything you will need for your activity. The following are suggestions, and it will depend on the activity you have entered. Bring ingredients for recipe(s), Youth (4-H/Grange) building (Building #4).
3. LIMIT: One entry per Division.
4. Youth (4-H/Grange) members should call Superintendent (509-547-3987) between August 1-19, 2024, to SCHEDULE time for the Kitchen Activity.
5. Youth (4-H/Grange) member must read EM 4733E "Food Activity Guidelines" available at 4-H.wsu.edu. This will be very beneficial in helping the contestant be prepared. Pay particular attention to General Guidelines for All Food Activities 6, 8, 9 and 10. The more prepared the contestant is the easier their activity will be.
6. C1099E "4-H Food Activity Worksheet" (available at 4-H.wsu.edu) must be completed by the Youth (4-H/Grange) member prior to arriving for the scheduled activity. A completed worksheet along with 1 copy of the recipe(s) written in proper form will be given to the judge upon entering the kitchen to beginning their activity. The contestant will need a second copy of their recipe(s) for their own use. This copy can be written with step-by-step instructions to help them better organize their kitchen activity.
7. C1097E "4-H Food Activity Scoresheet Evaluation Criteria" and C1098E "Food Activity Scoresheet" will be used for all evaluations. (Available for your online viewing at 4-H.wsu.edu)
8. Safe food handling practices are of the utmost importance in the kitchen. The safe transportation of perishables in cooler(s) with adequate amounts of ice is a must.
9. Youth (4-H/Grange) members are encouraged to purchase, Fruits and Vegetables to be served in their raw uncooked state, from an approved food vendor. Home prepared or Home Canned Food shall not be used in any food activity.
10. Each kitchen has an electric stove with oven and timer, as well as a refrigerator with an ice maker. A microwave is available and will be shared by all contestants.
Youth (4-H/Grange) member's request to use these shared items must be made to the superintendent at the time of scheduling activity.
11. Each kitchen will be supplied with sanitizing spray and paper towel, dish soap, hand soap and dish drainer. Proper sanitation requires that counters and work areas be pre-sanitized. Dishes will be washed by hand. Refer to EM4808 "Sanitizing Dishes" (available at 4-H.wsu.edu) Bleach will be supplied in each kitchen.

12. Youth (4-H/Grange) member will do all necessary cleanup in the kitchen before leaving.
13. Alcoholic beverages will not be used.
14. Food from the activity will not be offered to the public.
15. Only Youth (4-H/Grange) members are allowed in the kitchen. With permission of the superintendent parents may help carry in supplies and equipment.

Suggestions of items to bring with you			
Sack for Lunch	Cooking Utensils	Hot Pads	Dishcloth(s)
Paper Plates	Containers for leftovers	Pots & Pans	Dishtowel(s)
Paper Bowls	Cutting Board(s)	Knife	Hand Towel(s)
Serving Utensils	Napkins	Mixer	Rubber Gloves
Flatware	Glassware	Table Décor	Apron
Bread Pans	Food Processor	Dishes	Ziploc Bags
Mixing Bowl(s)	Can Opener	Tablecloth	Cookies Sheet
Measuring Equipment	Cooler	Placemats	Hair Tie
Appropriate Clothing		Appropriate Shoes (closed toed)	

PREMIUM POINTS			
Sack for Lunch	Blue	Red	White
Divisions A-D & O	20	15	10
Division E	20	17	12
Division F	30	25	17
Division G, I, L	40	30	20
Division H, M, N, P	30	20	15
Division J-K	25	20	15

1. Junior (Not Division F, G, H, L & N)
2. Intermediate (Not Division A)
3. Senior (Not Division A)

BROWN BAG ACTIVITY

TIME LIMIT: 30 Minutes

PURPOSE: Contestant will demonstrate the ability to pack an interesting, nutritious, and appealing lunch which can be safely stored at room temperature for at least five (5) hours.

GUIDELINES: The nutritional value of the packed lunch should contribute to the day's total food intake. In addition to creativity, contestants will be judged on sanitary and safety practices, nutritional value of the lunch and the safety of the lunch for storage at room temperature for five (5) hours.

DIVISION

- A. Brown Bag Lunch

BUILD A BETTER SALAD ACTIVITY

TIME LIMIT: 1 Hour

PURPOSE: Contestant will demonstrate the ability to prepare a tasty, attractive, and nutritious salad.

GUIDELINES: The nutritional value of the salad should contribute to the day's total food intake. In addition to creativity, contestant will be judged on sanitary and safety practices and nutritional value of the salad.

DIVISION

- B. Any type of salad

SNACKS – “MAKE MINE NUTRITIOUS” ACTIVITY

- TIME LIMIT:** 1 Hour
- PURPOSE:** Contestant will demonstrate the ability to prepare an appetizing, appealing and nutritious snack.
- GUIDELINES:** The nutritional value of the snack should contribute to the day’s total food intake. In addition to creativity, contestant will be judged on sanitary and safety practices and nutritional value of the snack.

DIVISION

- C. Snack

STATE FAIR FOOD ACTIVITIES

TABLE SETTING ACTIVITY - Refer to the Youth (4-H/Grange) Table Setting Activity document C1075E. Contestants will bring a written plan listing menu and planned occasion. Using their own dishes, utensils, glassware, linens and centerpiece, participants will demonstrate the correct place setting for two (2) places.

DIVISION

LIMIT: One entry per contestant

- D. Table Setting

BREAD BAKING ACTIVITY - Refer to the Bread Activity section in EM 4733E “Food Activity Guidelines” for time limits, objectives and guidelines. Bread-making machines are not allowed. The intent is to demonstrate basic bread making skills and knowledge. The judge and contestants will taste the finished product. Contestants will take any remaining baked product home.

DIVISION

- E. Quick Breads – May include nut, fruit or plain loaves, waffles, pancakes, muffins, biscuits, popovers, shortcakes, scones, etc.
- F. Yeast Breads – May include loaves, rolls, flat breads, batter breads, etc. Breads may be plain or fancy.

FOOD FOR ALL OCCASIONS ACTIVITY - Refer to the Food for All Occasions section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines. Maximum cost of food per person is \$10. That amount is not mandatory; economy is encouraged. Spices and seasonings need not be considered in the cost limit. A complete meal for four people (six if team is cooking) must be prepared. The superintendent in consultation with the contestant and judge will select guests.

DIVISION

- G. Individual
- H. Pair

FOODS OF THE PACIFIC NORTHWEST ACTIVITY - Refer to the Foods of the Pacific Northwest section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines. Contestants will prepare a dish which features an agricultural product produced in the Pacific Northwest. Contestant must be prepared to discuss the preparation and quality of the food product and the nutritional, historical and cultural aspects of the agricultural product used in the activity.

DIVISION

- I. Foods of the Pacific Northwest

FOOD PRESERVATION ACTIVITY - Refer to the Foods Preservation section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines. Processing methods and times must follow current WSU and USDA recommendations. Publications are available at the Benton Franklin County Extension Office. Do not use processing times from other sources! Drying of raw meats will not be permitted.

DIVISION

- J. Drying
- K. Freezing

EXPLORING FOODS AROUND THE WORLD - Refer to the Exploring Foods Around the World section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines.

DIVISION

L. Individual Only

FAVORITE FOOD ACTIVITY - Refer to the Favorite Food section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines.

DIVISION

M. Favorite Food Individual

N. Favorite Food Team

LUNCH ON THE GO ACTIVITY - Refer to the Lunch on the Go section in EM 4733E “Food Activity Guidelines” for time limits, objectives, and guidelines. You will not serve the lunch to the judge. Refer to publication C1071E for more information.

DIVISION

O. Lunch on the Go

QUICK-TO-FIX MEALS ACTIVITY - Refer to the Quick to Fix Meals section in EM 4733E “Food Activity Guidelines” for time limits, objectives and guidelines. Participants will make a simple meal that will demonstrate food and kitchen safety, appropriate preparation skills, and knowledge. Participants must provide the judge with a written menu of the sample meal and identify the Food Groups represented in the meal.

DIVISION

P. Quick-to-Fix Meals