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**Saturday April 22, 2023**

**UConn Middlesex County Extension Center**

**1066 Saybrook Road, Haddam, CT 06438**

**Schedule:**

8:30 a.m. Registration

9:00 – 9:30 a.m. Exhibit set-up

9:30 – 11:00 a.m. Judging and workshops

11:00 – 11:15 a.m. Food sampling

11-15 a.m. – 12:00 p.m. Award presentations and clean-up

**Registration:**

Please email or deliver the enclosed registration by March 31, 2023.

**Participation:**

All enrolled Middlesex and New Haven County 4-H members are welcome and encouraged to participate. 4-H member does not have to be enrolled in a food project. 4-H member will participate individually.

**Objectives:**

For 4-H members to gain knowledge of MyPlate dietary guidelines and learn the nutritional value of food and proper food safety practices in the planning, preparation, and presentation of a meal.

To provide 4-H members an opportunity for self-expression both verbally and visually.

To show what they have learned.

To have fun!

**How to Exhibit**

* Choose a theme for your exhibit. Prepare a food entry according to your age group. Arrange a table setting that expresses your theme.
* Display must include index card stating the theme; recipe; centerpiece; place setting for one person; table cover; serving utensils and hot pad if needed for entry.
* Have fun and be creative. Note: If a tablecloth is used it may have to be folded to fit exhibit table space. It is okay to use a placemat over the top of a tablecloth.

Seniors: Ages 13-19 – Prepare and exhibit a main dish.

Intermediates: Ages 11-12 – Prepare and exhibit a side dish.

Juniors: Ages 7-10 – Prepare and exhibit a salad.

Explorers: Ages 5-6 – Prepare and exhibit a nutritious snack.

\*Please note: Explorers will be recognized for their participation but will not be judged on their exhibit. Explorers are to include a place setting and recipe with their snack. All other forms are not required.

**Workshop Stations:**

**“Baking Bingo”**

**“Table Etiquette”**

**“Price is Right”**

While waiting to be called to have your exhibit judged and once you have been judged, you will have the opportunity to rotate through each of the workshop stations.

**Additional ways to participate:**

* Enter special baking contest.
* Enter a poster.

**Remember to bring:**

* Recipe
* Food entry
* Extra for sampling
* Table setting
* Completed MyPlate form
* Completed 4-H Menu planning worksheet

**IMPORTANT!**

Be sure to wrap food well and pack in coolers or insulated containers to transport safely to show. Keep hot food hot (140° or above) and cold food cold (40° or below).

Helpful online resources:

[WWW.myplate.gov](http://WWW.myplate.gov)

[WWW.fightbac.org](http://WWW.fightbac.org)

[WWW.FDA.gov/foodsafety](http://WWW.FDA.gov/foodsafety)

[WWW.CDC.gov/foodsafety](http://WWW.CDC.gov/foodsafety)

Emily McCabe Alger, 4-H Program Coordinator for Middlesex County

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4-H Food Show Planning Committee:

Kris Haswell, Julie Keithan, Nancy Squier, Walter Squier, Sue Dearborn, Peggy Grillo

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