



**NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW**  
**Saturday, December 2, 2023, 12:30-3:30 P.M.**  
**St. Mark Lutheran Church**  
**248 Broadway, Norwich, CT**



Any type of 4-H group, even part of a group may participate. Please register by **November 17**. Exhibitors must be present at the event (do not just send exhibits). Ribbons will be presented.

**Club Food Exhibit Theme:** **“A Taste in Time”** (see explanation below)

<b><u>Schedule:</u></b>	12:30 p.m.	Arrive and Set Up
	1:15 p.m.	Judging (group interview with evaluators)
	2:15 p.m.	Exhibit Sampling – 4-Hers and guests 4-Hers are asked <u>not</u> to eat their exhibit before the sampling. Bring extra for others to try. Disposable plates, bowls and utensils will be provided by the 4-H office for the sampling session.
	3:15 p.m.	Recognition followed by Clean Up

**Please prepare the food and pack it so it will stay hot or cold until 1:15. To learn about safely preparing and presenting your meal, get useful information at <https://foodsafety.uconn.edu/consumers-homecooks/>.**

**FOOD EXHIBITS:**

**Club Food Exhibit Theme: “A Taste in Time”**

Select the decade of your choice (1920’s – 1990’s) creating a menu and presentation to best reflect that period in time. Your meal, table settings and dress should take the judges and audience on a trip through time to the decade of your club’s choosing. Make us feel like we are there through the senses of sight, smell and taste. Your presentation should also include additional significant facts about your decade of choice to accompany your meal.

- Include recipes for all foods exhibited and a general description of the decade you chose.
- 4-H members should enter as a **club**, not as individuals. The evaluator will talk to each 4-H member but the youth should plan something together. Each group will have one table for seating and other for setting up and display prep.
- Foods may **NOT** be prepared from mixes.
- Please consider food safety: *keep cold foods cold and hot foods hot*.
- 4-H members must be present for the event and do not just send entries. Set your table for the number of exhibitors in your club plus judge(s). If your group is very large, consider 2 or more group exhibits. Please bring extra food for the sampling time.

**HOW TO EXHIBIT:**

4-Hers prepare an appetizer, entrée, dessert and a beverage relating to the theme of the day. Prepare the food prior to arriving and exhibit it as you would serve it to the number of exhibitors in your group plus a judge. Your table settings and decorations should demonstrate your theme as well.

**BE SURE TO BRING:**

- \*recipes on cards (1 for each food exhibited). Include the ingredients and the preparation steps.
- \*completed menu
- \*the food and *extra servings* for others to sample
- \*table settings for the number of 4-H’ers in the group plus judge(s)

**POSTER ART:** Create a poster to educate the audience about your decade, from relevant foods to fashion, historic occurrences and other fun facts of the time. (Judged by audience ballot.)

**REGISTRATION:** Registration form by **November 17**. Email to [marc.cournoyer@uconn.edu](mailto:marc.cournoyer@uconn.edu). Names of participating 4-H members are needed for certificates. Call 860-885-2824 if you have questions.

**PARENTS AND LEADERS:** Will be asked to sit back and enjoy each other's company while the 4-H members are being evaluated. Food exhibits will be evaluated through interviewing the 4-H members and sampling prepared dishes.

## NEW LONDON COUNTY 4-H FOOD SHOW REGISTRATION

562 New London Turnpike, Norwich, CT 06360

[marc.cournoyer@uconn.edu](mailto:marc.cournoyer@uconn.edu)

Fax: 860-886-1164



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