



NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW
Saturday, December 7, 2024, 1:00-4:00 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 22**. Exhibitors must be present at the event (do not just send exhibits). Ribbons & plaques will be presented.

Club Food Exhibit Theme: **“50 Tastes of 50 States”** (see explanation below)

<u>Schedule:</u>	1:00 p.m.	Arrive and Set Up
	1:45 p.m.	Judging (group interview with evaluators)
	2:45 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.
	3:30 p.m.	Recognition followed by Clean Up

Please prepare the food and pack it so it will stay hot or cold until 1:45. 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: **“50 Tastes of 50 States”**

Select a state or geographic region of the United States and prepare a meal highlighting cuisine unique to that area. If picking a region of the country, try to highlight a particular state within the region in each part of your meal presentation (appetizer, entrée, beverage and dessert).

- Include recipes for all foods exhibited and a general description of the state/region 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 another 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 state/region, from relevant foods to fashion, historic occurrences and other fun facts about the location. *(Judged by audience ballot.)*

REGISTRATION: Registration form by **November 22**. Email to marc.cournoyer@uconn.edu. The 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

Fax: 860-886-1164



UCONN | EXTENSION

The University of Connecticut complies with all applicable federal and state laws regarding nondiscrimination, equal opportunity and affirmative action, including the provision of reasonable accommodations for persons with disabilities. UConn does not discriminate based on race, color, ethnicity, religious creed, age, sex, marital status, national origin, ancestry, sexual orientation, genetic information, physical or mental disability, veteran status, prior conviction of a crime, workplace hazards to reproductive systems, gender identity or expression, or political beliefs in its programs and activities. Extension program participants may request reasonable accommodations to address limitations resulting from a disability. Contact: Office of Institutional Equity; (860)486-2943; equity@uconn.edu; <http://www.equity.uconn.edu>.