NEW LONDON COUNTY 4-H FOOD & NUTRITION SHOW
Saturday, December 5, 2026, 1:00-4:00 P.M.
St. David's Episcopal Church; Gales Ferry, CT

Any type of 4-H group, even part of a group may participate. Please register by **November 13**. *(Mystery basket ingredients will be available within one week of registration)* Exhibitors must be present at the event (do not just send exhibits). Ribbons & plaques will be presented.

Club Food Exhibit Theme: "Chopped" (see explanation below)

Schedule:

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 not 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: "Chopped"

When your team registers, you will be provided with a secret mystery basket that has special ingredients which must be incorporated into your meal in meaningful ways. Points will be awarded for creative integration of mystery ingredients, pleasing presentation and flavor, and using all the ingredients in your basket. Ingredients should not just be placed on the plate as packaged but should be integrated into the meal in other, clever ways.

- Include recipes for all foods exhibited and explain how you integrated the items that you were assigned to you in your mystery basket.
- 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 their meal together. Each group will have one table for seating and another for setting up and preparation.
- 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 display should illustrate to the judges and the rest of the room something unique or special about your 4-H club.**

BE SURE TO BRING:

*Recipes on cards (1 for each food exhibited). Include the ingredients and the preparation steps.
*Complete 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)

REGISTRATION: Registration form by **November 13.** 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

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