

# Fayette County 4-H Food & Nutrition Fair

**July 7, 2020**  
**United Methodist Church, Fayette**

**Entries due to the Extension Office by June 15**

## **General Exhibit Rules:**

1. 4-H'ers must be enrolled in the Food & Nutrition project to receive a premium.
2. The 4-H exhibitor is limited to two entries in the Food & Nutrition Fair.
3. Age for exhibiting at the Food & Nutrition Fair: Clover Kids K-3<sup>rd</sup> Graders; Juniors 4<sup>th</sup>-6<sup>th</sup> Graders; Intermediates 7<sup>th</sup>-8<sup>th</sup> Graders; Seniors 9<sup>th</sup>-12<sup>th</sup> Graders.  
**One place setting exhibit will be selected to advance to the 2020 Iowa State Fair.**  
**4-H youth wishing to compete at the 2020 Iowa State Fair must have completed 5<sup>th</sup>-12<sup>th</sup> grade or that equivalent. State Fair exhibit will need to update exhibit goals prior to State Fair.**
4. The evaluation process will be based on the following three goals for exhibitors:
  - a. To involve youth in planning a healthy, well-balanced meal using USDA's My Plate.
  - b. To involve youth in preparing a food item from their healthy meal plan.
  - c. To involve youth in creating a place setting complimentary to their planned menu, which includes a recipe of the food prepared
5. The exhibitor must respond to two questions about the exhibit by completing the Food & Nutrition Fair Exhibit Form.
6. 4-H'ers will be asked to bring their place settings, menus, and recipe cards to the Fayette County Fair Static Judging Day on Saturday, July 18 to display in their club booths. Before bringing the place setting for display at the Fayette County Fair, each item in your place setting should be securely labeled, including the name of the club, class number, and exhibitor's name.
7. Due to security, we discourage 4-H'ers from sending items to the Fayette County Fair that have special meaning and historical value as part of the exhibit. We will use diligence to ensure the safety of articles entered for exhibit after their arrival and placement, but will not be responsible for damage or loss by fire, theft, etc.
8. Premiums will be paid to the exhibitor on Saturday, July 18 during the State Fair announcement and Communication Day results beginning at 3:30 pm in the Dance Pavilion.

## **Special Rules:**

1. When entering one of the following categories, please include:
  - a. a healthy, well-balanced *menu plan* (using My Plate) on a 3 x 5 index card.
  - b. **one prepared food item** from your menu plan, with *your recipe* on a 3 x 5 index card. (The entire prepared food item must be present for judging, but one serving will be displayed with the place setting.)
  - c. a *place setting* to compliment your menu.

2. Food must be unquestionably safe when they are judged, whether tasted or not. (Hot foods hot, cold foods cold.)
3. Your menu should include food and beverage(s) from each food group.
4. Youth may enter up to two of the following categories:

- 525A-1** Appetizers
- 525A-2** Meat/Main Dish
- 525A-3** Soup/Salad
- 525A-4** Vegetables/Fruit
- 525A-5** Breads
- 525A-6** Desserts
- 525A-7** Grilling
- 525A-8** Quick Healthy Meals (Prepared in 20 minutes or less)
- 525A-9** Theme Meal (Holiday, Birthday, etc.)
- 525A-10** Specialty Diet Meal (Diabetic, Low Sodium, Low Fat, etc.)

**Dates:**

- June 15 4-H Food & Nutrition Fair entries due to the Extension Office
- June 22-26 Exhibitors participating in the Food & Nutrition Fair will be mailed scheduled judging times.
- July 7 Food & Nutrition Fair
- July 18 Awards Program – 3:30 pm – Dance Pavilion

**FOOD & NUTRITION FAIR ENTRY FORM**  
*Entries are due to the Extension Office by 4:30 p.m. June 15*

Name \_\_\_\_\_ Club \_\_\_\_\_

Address \_\_\_\_\_ City, State, Zip \_\_\_\_\_

Circle One:    Clover Kids            Junior            Intermediate            Senior

Please check class choice(s) – May enter up to two of the following categories:

- \_\_\_\_\_ **525A-1**    Appetizers
- \_\_\_\_\_ **525A-2**    Meat/Main Dish
- \_\_\_\_\_ **525A-3**    Soup/Salad
- \_\_\_\_\_ **525A-4**    Vegetables/Fruit
- \_\_\_\_\_ **525A-5**    Breads
- \_\_\_\_\_ **525A-6**    Desserts
- \_\_\_\_\_ **525A-7**    Grilling
- \_\_\_\_\_ **525A-8**    Quick Healthy Meals (Prepared in 20 minutes or less)
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