

PRIDE OF IOWA CONTEST

Objectives:

- 1) Acquaint 4-H members with Iowa's products
- 2) Encourage county fair participation
- 3) Serve as a first step in communication exhibits
- 4) Teach organization and planning skills

Rules:

1. 4-H member(s) chooses one food item or recipe to demonstrate in the contest. An entry can be a team of two members, but the tasks must be equally shared by each 4-H member. Any 4-H member of any age may enter. If team members are different 4-H levels, the team will be judged in the older members' category.
2. The 4-H member(s) must state source of recipe and exact title of recipe book to give proper credit to not violate copyright. Recipes can be handed out to the public by the 4-H member if properly cited and sourced. ISU Extension and Outreach **cannot** compile and hand out recipes.
3. 4-H member(s) submits the recipe as part of the entry process on fairentury.com by Friday, June 23, 2023. Entry questions available on fair forms website.
4. 4-H member presents product/recipe at the contest. The 4-H member(s) are not required to talk or give a verbal presentation but should be prepared to answer questions to judges. The recipe can be relatively simple to prepare and should be appropriate to the age and skills of the members.
5. Samples of the finished recipe should be given away to fairgoers as long as part of the educational event. It is suggested that 4-H'ers have enough "samples" to serve approximately 150-175 people.
 - a. A table will be provided for demonstrating and serving. Ingredients can be partially prepared ahead of the contest.
 - b. Signs will be provided giving 4-H member's name, club, and name of recipe.
 - c. All groups must create **only 1** poster (20" x 30") providing title and they may write the recipe on this poster with the source and recipe book title. One easel is provided for your poster. Posters will be available for purchase after registering.
 - d. **Aprons and gloves are required, and long hair tied up or back.**
 - e. **Participants, please provide napkins**
6. A panel of two judges will serve as judges to choose 1 Grand Champion and 1 Reserve Champion for each division. All other participants will receive participation ribbons. Small gifts from local agriculture and food industry sponsors may also be provided.
7. 4-H members will be judged without the public present and all divisions judged at the same time. Members will then serve their products to the public after judging. Awards will follow.

Possible foods for a Pride of Iowa Contest:

Yogurt, milk, ice cream, pork, bacon, beef, lamb, venison, wild game, poultry. Anything made with apples, popcorn, roasted soybeans, honey, corn, oatmeal, and fruit

***A schedule will be mailed out to you in July along with the breakdown of scoring criteria and food safety tips. An ISU Food Specialist will review your recipes for safety issues and give you tips which will also be mailed to you.**

Criteria for judging:

80 points possible total for all divisions

1) Food Safety - 25 points

- a. Food served appropriately hot or cold**
- b. Members wearing gloves, aprons, hair tied back**

2) Product/Recipe – 30 points

- a. Flavor**
- b. Knowledge of Iowa product**
- c. Recipe sourced**
- d. Unique**

3) Display – 25 points

- a. Table/Display area clean**
- b. Organization**
- c. Members enthused about project**
- d. Informative Poster**