

Pride of Iowa

Objectives:

1. Acquaint 4-H'ers and adults with Iowa's products.
2. Encourage county fair participation.
3. Serve as a first step in communications exhibits for some.
4. Teach organization and planning skills.

Rules:

1. The participants choose one (1) food item or recipe that represents ingredients from Iowa to demonstrate in the contest. There will be three classes: A) Individual 4-H'er; B) Team of 4-H'ers; C) 4-H'er and adult. Any 4-H'er of any age may enter.
2. Participants submit the complete recipe by July 1. Recipe/entry forms will be available at the Washington Co. Extension Office and on the web at <https://www.extension.iastate.edu/washington/county-fair> under the "Pride of Iowa" tab.
3. Participants prepare or demonstrate how to make the recipe at the contest. Participants are not required to give a formal presentation with introduction and conclusion. However, they should be prepared to answer the questions fair goers or judges might ask and explain what they are doing during demonstrations. The recipe can be relatively simple to prepare and should be appropriate to the age and skill of the member.
4. Samples of the finished recipe should be given away to fair goers. It is suggested that you have enough samples to serve approximately 50-75 people. Some samples can be prepared ahead of the contest.
5. Participants must supply food ingredients, and equipment. Ingredients can be partially prepared ahead of the contest (nuts chopped, meat precooked, mushrooms drained, etc.), but the ingredients of the recipe must be mixed together at the fair during the time of presentation. We encourage you to bring a table sign giving the participants name, club, and name of recipe.
6. A judge will choose one (1) grand and one (1) reserve champion. All other participants will receive participation ribbons.
7. Possible foods for the Pride of Iowa Contest:
 - Fruit dip using yogurt
 - Roasted soybeans
 - Beef spread on crackers
 - Spiced apple cider beverage
 - Fruit pizza with an oatmeal crust
 - Venison or wild game spread on crackers
 - Taco dip with ground pork
 - No bake cookies with honey
 - Seasoned popcorn snacks
 - Trail mix using a corn cereal
 - Lamb meatballs using ground lamb
8. Criteria for judging:
 - a. taste and flavor of the product
 - b. organization of the 4-H member or team
 - c. originality of the recipe
 - d. healthfulness of ingredients or recipe (Was consideration given to ingredients that keep the recipe low in fat, salt, and sugar? Were substitutions made when appropriate? Were nutrition facts provided?)
 - e. enthusiasm of 4-H'er or team
 - f. public's enthusiasm for the food item
 - g. 4-H'er or team follows contest rules
 - h. food safety demonstrated
9. The contest will be on Monday of the fair at 4:00 p.m. in the upstairs lobby of the Community Center.

PRIDE OF IOWA CLASSES:

Class A =Individual 4-H'er

Class B = Team of 4-H'ers

Class C = 4-H'er and Adult

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