

LEWIS & CLARK COUNTY 4-H Grand Foods

Open to all 4-H members and Cloverbuds
whether or not they are enrolled in a Foods & Nutrition project.

How to Enter:

1. Only one (1) food entry per member in Grand Foods.
2. Age is the 4-H age as determined on October 1 of the current year

Cloverbuds: This is a fun event for young members to participate and learn of the 4-H fun coming their way. Cloverbuds may participate in Grand Foods in the Non-bake Cloverbuds Category. Interview judging will be conducted and participation ribbons will be awarded.

Grand Foods: This event is for 4-H members who would like to challenge themselves with preparation of a new food that can be used for a special event.

Grand Foods Rules:

- 1) All items exhibited must be made from scratch, with the following exception: ONLY decorated cake or decorated cupcakes may use a mix. You are not allowed to use a premade or store bought cake. Decorated cakes/cupcakes will be tasted.
- 2) All entries will be interview judged. The judge will complete a score sheet during each interview. Judges decisions are final. Interviews are between the 4-H member and the judge. Only officials and participants will be allowed in the judging area.
- 3) Members should be able to explain why they chose their particular entry and where they would serve it. This event emphasizes originality, creativity and showing food. A plate of tea cookies displayed on a tea tray with teapot, cup, saucer and delicate napkin would be rated as a better display than a paper plate of tea cookies.
- 4) Entries are fun, creative and interesting. It is suggested that individual exhibits have a theme or idea of how the member would use the particular food. Examples of themes would include: holidays, special activities, family get-togethers or afterschool snacks.
- 5) All entries must have food covered with a clear wrap or see through covering. This will be removed during judging and replaced when returned to the display area. Only decorated cakes or cupcakes may not be covered if it will damage the decoration as these items will not be tasted.
- 6) Members must choose an item that is safe at room temperature. No entries such as custard, jellos, ice cream, etc. will be accepted unless the participant provides cool (below 40 degrees) storage.
- 7) Each 4-H member must have one written or typed recipe with the exhibit. The recipe needs to include the name, club, age division (Cloverbuds, Jr, Sr) and category (Cookies, Yeast Bread, Decorated Cake, etc.).
- 8) If member is bringing a decorated cake, one written or typed recipe is needed and should show what mix was used to make the cake, any store bought decorations or frosting or the ingredients used in homemade frosting. Note: Participants that make their own frosting will be rated better than those that purchase a pre-made mix.
- 9) Contestants need to be polite, courteous and remember to smile! Members are judged on appearance, which would include professional interview dress, the 4-H standard judging dress (black pants and white shirt) or costume appropriate to the theme.
- 10) MOST IMPORTANTLY - Contestants HAVE FUN!!!!!!
Anyone wishing to take photographs of participants and/or their entries are advised to do so before judging begins or during the awards presentation.