

# 2012 Oahu County 4-H Food Show

## GENERAL INFORMATION

Saturday, March 10, 2012  
Fort Shafter Flats (Lower), Bldg #1554  
(Directions will be forthcoming)  
Honolulu  
4:00 to 9:00 p.m.

## PROJECT OBJECTIVES

- To realize the importance of nutrition in one's daily diet
- To emphasize the need to conserve nutrients through proper food preparation
- To develop skills in meal management practices
- To create consumer awareness in purchasing food products and food safety
- To encourage the use of locally grown, produced, or made in Hawaii food products
- To provide an opportunity for 4-H members to demonstrate their knowledge and skills

A. **THIS YEAR'S THEME** - We will be celebrating the 40<sup>th</sup> annual Oahu County 4-H Food Show with the following theme: ***"EAT LOCAL, EAT HEALTHY"***

1. **"Vegetarian"** - Select recipes that fall into the following vegetarian categories: lacto-vegetarian, ovo-vegetarian, pesco/pollo-vegetarian and vegan. Definition of the different types of vegetarian is attached. People have many reasons for adopting a vegetarian diet. If executed properly, a vegetarian diet can be very healthy and delicious. 4-Hers must determine which category their dish falls into. That means the categories need to be researched. Refer to page 6 for Vegetarian definitions.
2. **"Local Foods"** - Use at least one half (1/2) cup of a locally grown, or raised in Hawaii produce and products such as guava, passion fruit, taro, daikon, choi sum, won bok, tofu, beef and home-raised eggs. Foods such as sour cream or milk, although produced locally, will not be considered a local food product. Fruits may include: pineapple, citrus, bananas, papaya, guava, passion fruit, avocado, cherry tomatoes, star fruit, etc. Vegetables may include: sweet potato, taro, mushrooms, green onions, okra, ginger root, breadfruit, eggplant, etc. Miscellaneous: various herbs, beef, pork, coffee, macadamia nuts, eggs, honey, etc.
3. **"Kraft Food Products"** - Include at least one-fourth (1/4) cup or 3 ounces of a Kraft Foods product. Check the Kraft website at <http://www.kraftfoods.com> for ideas.

B. **RECIPE CATEGORIES** - The recipe categories are "Main Dish," "Dessert," and "Other" (appetizers, soups, beverages, breads, salads, etc.). All participants may enter up to two entries, but only one entry per category. For example, participants may **not** enter two dessert recipes, one for "Local Foods" and one for "Kraft Foods Product."

C. **DIVISIONS\*\***

Senior Division (14 – 19 year olds)  
Intermediate Division (12 – 13 year olds)  
Junior Division (9 – 11 year olds)  
Cloverbud Division (5 – 8 year olds)  
*\*\*Age as of January 1, 2012*

D. **WHO CAN PARTICIPATE?** - All participants must be registered as a 4-H member with the Oahu 4-H Youth Development Program. Youth need to fill out the 4-H youth enrollment form. Volunteer leaders must fill out the group enrollment form and volunteer form. All 4-H enrollment forms are past due for all current clubs. New clubs/club members have until 4:00 p.m. on Friday, February 3, 2012, the same day the food show forms are due to submit their 4-H enrollment forms. The 4-H enrollment forms are available at <http://www.ctahr.hawaii.edu/4h/Oahu/Forms.htm> .

E. **FOOD SHOW FORMS** - The following forms will be available as hard copies by calling 622-4185 or at <http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Forms.htm> .

1. **Club Registration Form, FS-1** – The club leader will fill out the group registration form and submit it with the individual entry forms.
2. **Individual Entry Form, FS-2** – Select the appropriate version of the FS-2 below. Please answer only in the space provided on the FS-2 and **do not add additional pages**.
  - a. Cloverbud participants will submit the **Cloverbud Entry Form**.
  - b. Junior, Intermediate, and Senior 4-H'ers may enter recipes with the "**Nutritional Assessment**" (this section focuses on the research and nutritional aspects) **or** as "**Display Only**" (only for first time participants).

**ALL PARTICIPANTS MUST SUBMIT FORMS ON TIME, PREPARE THE FOOD, AND EXHIBIT THE DISPLAY AT THE FOOD SHOW.**

A sample completed Individual Entry Form can be found at <http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Forms.htm>

3. **Individual Entry Number Form, FS-3** – The club leader or advisor will use a 3 alpha and 3 numeric code to designate each entry. A 4-H'er submitting two entries should have both entries in consecutive order. See the following examples:

|                      |                        |                             |
|----------------------|------------------------|-----------------------------|
| Clover Kids - CKS001 | PC Cloverbuds - PCB001 | Farrington FCCLA - FCC001   |
| Just Us - JUS001     | Pot of Gold - POT001   | Warriors - WAR001           |
| Leprechauns - LEP001 | 4-H Seekers - SEE001   | Key Blades Bearers - KEB001 |

Each entry will have a 3-alpha and 3 number assignment. For example, CBS001, CBS002, etc. **Please ensure that entry numbers are on each page of the Individual Entry Form (FS-2).** If you are a leader and do not see your club here on this list, contact Kim Lockwood at 913-702-4764.

4. **Food Show Cookbook Pre-Order Form, FS-4** – The club leader or advisor will complete this form. Turn in this form with the Club Registration Form, FS-1. Payment will be collected at the time the cookbooks are distributed.

## F. **REQUIREMENTS**

1. **Group Entries** – A group entry involves two and not more than three individuals. **Only first time Junior and Intermediate 4-H'ers** can submit group "Nutritional Assessment" or "Display Only" entries. Participants are required to submit their recipe for the cookbook. The group will prepare the food and display the entry at the Food Show as a team. All members of the group will receive individual ribbons.
2. **Cookbooks** – Participants who submit their recipes by the deadline will be included in the cookbook. More information on the distribution of the cookbooks and cost of the books will be sent out later. The cost depends on the number of recipes that are submitted. Each participant is required to sell 3 cookbooks to help defray expenses. Two or more participants from the same family will sell 5 books.
3. **Recipe Submission.** For inclusion in the cookbook, follow the Recipe Template and submit all recipes by e-mail and hard copy to [roses@hawaii.edu](mailto:roses@hawaii.edu) with subject heading "2012 Food Show Recipe." Recipes are due on Friday, February 3, 2012.

- ## G. **FORMS AND GUIDES** - The following information will be posted on the Oahu 4-H Food Show website (<http://www.ctahr.hawaii.edu/4h/Oahu/FoodShow/Forms.htm>):

1. General Information
2. Forms FS-1 (Club Entry Form), FS-3 (Individual Entry Number), and FS-4 (Cookbook Order Form)
3. Form FS-2 (Individual Entry Form) for "Cloverbud" entries

4. Form FS-2 (Individual Entry Form) for "Display Only" entries
5. Form FS-2 (Individual Entry Form) for "Nutritional Assessment" entries. (Complete and include the applicable page 2)
6. Sample Completed FS-2
7. Recipe Template (page layout for cookbook)
8. The guidelines for in putting your recipes
9. Helpful Hints for Writing Recipes
10. Kraft Foods/4-H Scholarship and Incentive Program

## H. LEADER'S CHECKLIST

1. **Food Show and/or Enrollment Forms** – If needed, please call the Wahiawa Extension Office at 622-4185 for additional forms. All forms must be submitted to either the Wahiawa or Pearl City Extension Offices **on or before Friday, February 3, 2012.** (The Extension Offices have various office hours. Please call ahead to insure someone is there to accept your entry forms. Wahiawa: 622-4185, Pearl City: 453-6050. If you have any questions about submitting the forms, call Rose Saito at 622-4185.)
2. **Registration Fee** - The registration fee is based on the number of 4-H'ers per club participating in the 2012 Oahu County 4-H Food Show. For clubs with four or less members participating, the club fee is \$10. For clubs with five or more participants, the club fee is \$20. Fees will go toward the judges' meal.
3. **Cookbook** - Each club leader or advisor will be responsible for the cookbook count, collecting from each member, explaining the purpose of the book, and distributing the books to the members. Please write check(s) payable to "*Oahu County 4-H Organization*" for cookbooks. We will notify you of the cost per book after all recipes have been submitted and printed.
4. **Practice** - Have your participants practice setting up their display(s). Leaders/Adults should not help the participants at the Food Show. The 4-H motto, "Learn by Doing," is best applied when the 4-H'er sets up his/her own display(s). Adults and other non-participants will not be allowed to enter the display area during set up and before or during judging.
5. **Registration Folder** - The club leader or other adult in charge must pick up, distribute score sheets to participating 4-H'ers, and return the registration folder to the Registration Table. Notify the Registration people of any no shows by 5:00 p.m. on the evening of the Food Show. The registration folder contains display set-up instructions and display area layout, participant's score sheets, and name tags.
6. **Clean Up** - All clubs/groups are expected to assist with clean up and will be assigned a clean-up responsibility area and/or duty.

I. **YOUTH CHECKLIST** - Please review this section with 4-H'ers who are participating in the Food Show.

1. **Individual Responsibilities** – All participants must prepare the food, set up their food displays **WITHOUT ANY ASSISTANCE**, and be present at the Food Show. No leader, parent, adult, or other non-participant is allowed in the set up area before and during the judging. 4-H'ers must complete set up by 5:00 p.m. on Food Show night. If you cannot set up your display due to school or medical reasons, please contact the Food Show chair club or Rose Saito.
2. **Judges' Samples** – Each entry must include three (3) small servings of the displayed product for the judges to sample. For sanitation purposes, the samples must be covered with plastic wrap or be in covered containers and labeled "Judges' Samples." Consider placing cold or easily perishable Judges' Samples in a small insulated bag or ice chest with a blue ice pack. Please provide eating utensils for the judges.
3. **Displays** – Displays will be viewed by all participants after the judging is completed. The placemat measurements are 11 inches by 17 inches, with the long end horizontal to the viewer. The maximum size of your "display area" will be no more than 3 inches away from the perimeter of the placemat. All displays must be flat on the table with no elevations or tiers. Your sample food display must be made of the product you are showing and no artificial materials can be used. For example: ice cream cannot be substituted with a clay-like material. For sanitary purposes, all displayed food is to be discarded at the end of the evening. **Everyone is reminded to not touch or eat off any display.**
4. **Share Fair** – During the judging, participants may sell samples (small portions) of their entries for \$0.25 - \$0.50. The money earned can help defray the preparation costs and gives others an opportunity to taste the entries. Only items entered in the 2012 Food Show may be sold.
5. **Warmers** – No heating elements of any kind are allowed in the display area. Judges' samples may be stored in coolers.
6. **Cookbook Recipes** – Use the Recipe Template. At the bottom of the recipe entry, write a brief description about yourself and your experience in preparing this dish.

J. **AWARDS AND RECOGNITION** - All Junior, Intermediate, and Senior participants are eligible for the following awards: (Food Show registration forms and youth enrollment forms must have been submitted by the due date.)

1. **First Time and Group Entry** - All participants will be recognized if they are First Time or Group entries.
2. **Individual Entry Ribbons** – All Junior, Intermediate, and Senior participants who submit an entry will receive a flat 2 inch x 8 inch blue, red or white ribbon. The score will be based on total points received from three judges. There are 500 points possible per judge. All Cloverbud participants will receive positive comments on their accomplishments and a flat 2 inch x 8 inch green participatory ribbon. They will not be judged by a score.

This is the point/ribbon breakdown:

| <b>Ribbon Award</b> | <b>Nutritional Assessment</b> | <b>Display Only</b>  |
|---------------------|-------------------------------|----------------------|
| Blue                | 1350 – 1500 points            | 1080 – 1200 points   |
| Red                 | 1200 – 1349 points            | 960 – 1079 points    |
| White               | 1199 points and below         | 959 points and below |

3. **Kraft Foods/4-H Senior Scholarship and Kraft Foods Club Incentive Award** - These awards are open to all 4-H members and clubs. (See the Oahu 4-H Food Show website for details.)
4. **Top in Show** – The perpetual trophy and purple rosette award will be presented to the top scorer in each division. Junior, Intermediate, and Senior 4-H'ers must have submitted their 4-H enrollment and Food Show forms on time, completed the "Nutritional Assessment," and displayed two (2) entries. Cloverbuds are not eligible for the Top in Show award. For the Top in Show award to be presented, there must be two or more 4-H'ers in the same age division who are entering two entries, and meet all other Food Show requirements.
5. **"NEW" Ardis Tanaka Scholarship** - Ardis Tanaka, a former 4-H'er and volunteer 4-H Leader from Manoa passed away back in November 2009. Ardis was a member of the Inspirations 4-H Club, a leader of the Reminiscence (formerly, Manoa No Ka Oi) 4-H Club, graduate of CTAHR, and a member of the Hawaii 4-H Alumni Association. In Ardis' memory and her love of cooking, her former 4-H'ers and alumni friends created a scholarship fund for Oahu County 4-H to be awarded in conjunction with our 4-H Food Show. A scholarship of \$100 per year for the next five years will be awarded starting with this year's food show. The requirements are: highest Score in Vegetarian Dish (\$40), Local (\$30) and Krafts Food (\$30). In case of tied score, the Oahu County Organization will pay for the second person.

- K. DEADLINES** - All registration and entry forms, e-mail and hard copy of recipes, and payments listed below are **due by Friday, February 3, 2012**, to either the Wahiawa or Pearl City Cooperative Extension Service Office and will be date stamped as received. Entries will be accepted by e-mail, fax, or by mail if postmarked by the

above date. If mailed, send forms and entry fee to: 2012 Oahu County 4-H Food Show, Cooperative Extension Service, 910 California Avenue, Ste. 108, Wahiawa, HI 96786-2124. Submit the following forms by the deadline:

1. Club Registration Form (FS-1)
2. Individual Entry Form (FS-2) (Cloverbud, Display Only, OR Nutritional Assessment)  
(Be sure that entry numbers are on each page of the FS-2.)
3. Individual Entry Number Form (FS-3)
4. Cookbook Pre-Order Form (FS-4)
5. E-mail & Hard Copy of Recipes. (Be sure that entry number and club information are included with e-mail submissions.)
6. Registration Fee. (Write check to "Oahu County 4-H Organization.")

L. **WORKSHOP** – This year’s workshop will be held at the Urban Garden Center on Sunday, January 8, 2012 at 1 pm. The Vegetarian Society of Hawaii will conduct the workshop by preparing several vegan recipes.

M. **SCHEDULE FOR THE 2012 OAHU CTY 4-H FOOD SHOW (SUBJECT TO CHANGE)**

- |           |  |
|-----------|--|
| 4:00 p.m. | Registration/Set Up of Entries                                     |
| 5:00 p.m. | Judging<br>Food Share Fair (Sampling Sale)<br>Dinner (on your own) |
| 6:00 p.m. | Program  |
| 7:00 p.m. | Viewing of Entries with Ribbons                                    |
| 7:30 p.m. | Presentation of Awards   |
| 8:30 p.m. | Entry Removal/Disposal and Clean Up                                |
| 9:00 p.m. | Aloha!   |

### **VEGETARIAN DEFINITIONS**

For the 2012 Food Show, the following vegetarian definitions will be used:

1. Lacto ovo vegetarian - does not eat meat, poultry or fish/seafood, but eats eggs and dairy products.
2. Lacto vegetarian - does not eat meat, fish/seafood, poultry or eggs but eats dairy products.
3. Vegan - does not eat meat, fish/seafood, poultry, eggs or dairy products.
4. Pesco vegetarian - eats fish/seafood.
5. Pollo vegetarian - eats poultry to include chicken, turkey and duck but does not eat red meat.