**2017 Spokane County FOOD CONTEST**

A State Fair qualifying Food Contest will be held **Thursday, July 11** at the Cheney Middle School. **The contest will begin promptly at 3:00 pm**. ***At the present time, this is the only qualifying Food Contest event for Spokane County.***

Information and guidelines for the contests can be found in ***EM 4733E*** available on the WSU 4-H web site. Go to ‘**Projects and Publications**” “**Family Living**” “**Food & Nutrition.**” *Please download and read each of the attached to understand and prepare for the contest*

* 4-H Food Activity Guideline <http://pubs.wsu.edu/ItemDetail.aspx?ProductID=14069&SeriesCode=&CategoryID=267&Keyword=>
* 4-H Food Activity Score Sheet <http://pubs.wsu.edu/ItemDetail.aspx?ProductID=13283&SeriesCode=&CategoryID=267&Keyword=>
* 4-H Food Activity Score Sheet Evaluation Criteria <http://pubs.wsu.edu/ItemDetail.aspx?ProductID=13282&SeriesCode=&CategoryID=298&Keyword=>
* 4-H Food Activity Worksheet (Print in advance and bring to contest!) <http://pubs.wsu.edu/ItemDetail.aspx?ProductID=13284&SeriesCode=&CategoryID=298&Keyword=>

Each contestant may enter up to 2 of the following contests:

* Table Setting - *No food preparation*
* Lunch on the Go – *Prepare at contest* or *bring prepared lunch*
* Favorite Food
* Quick to Fix Meal
* Foods of the Pacific Northwest
* Bread Baking- *Quick breads only*
* Food for All Occasions -- *This contest may be done individually or with 2 people working as a team. FFOA participants prepare a meal and serve it to themselves, their judge and additional guest(s) – family members only.* *An individual serves 4, a team serves 6 people.*

Participants prepare and serve the food to themselves as well as their judge. All prepared foods will be tasted by both the judge and the participant.

For additional information contact Gary Varrella at gvarrella@wsu.edu or 509-435-3369 (cell).

The following basic entry fees will be assessed and may be paid at the door

Primary members - $3; Jr., Intermediate, Sr. members - $10

**Tips & Suggestions for Food Contest 2017**

* Entries must be received by July 7. Late entries – Call Gary Varrella on cell at 509-435-3369
* Be sure to read all rules and requirements, especially the timing requirements for each event. (See the links on page one for resources, scoring criteria, etc.)
* Participants—that have registered by July 7 —will be notified of the scheduled time by e-mail by Monday, June 10 (or sooner!). Those registering later will be notified ASAP once their registration is received (after you talk to Gary).
* Participants must **be at the kitchen 15 minutes prior to their scheduled start time** in order to be fully prepared to start on time.
* Participants arriving late may participate **ONLY** if schedule allows without contest running overtime.
* In an emergency situation, please call Gary at 509-435-3369.
* Please check the rules and materials thoroughly.
* Practice preparation of recipe at home/at leader’s home several times prior to contest.  Be sure of time needed to fulfill the requirements of the contest from start to finish.
* Contestants using more than 15 minutes over scheduled time will be penalized 1 ribbon placing.
* Special needs in scheduled times should be noted on entry form.
* It is the responsibility of the contestant to contact the person in charge of the contest if there are problems with the schedule. (Gary: 509-435-3369)
* All dishes brought from home **MUST** be rinsed in Clorox solution at the contest site prior to using!
* “4-H Food Activity Worksheet” must be completed prior to arriving at the contest.  (See first page for a link to the downloadable .pdf file.)
* **…and remember, have FUN!**

**2017 Foods Contest Registration Form**

**Due: Friday, July 7, 2017**

 **Entrant’s Name**

**Entrant’s Age** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**(circle one) Primary Junior Intermediate Senior**

**Phone (Home) (Cell)**

**Parent/Guardian’s Name**

**Club Name & Club Leader**

**E-mail**

**Preferred schedule time to compete (must begin no early than 3:00 pm and must be completed and cleaned up by 7:00 pm**). **My preferred start time is** 🡺

***Please circle contest entering & list actual time (hours) needed. Check guidelines for maximum time regulations.***

* Table Setting 🡺time needed: minutes
* Lunch on the Go  🡺time needed: minutes
* Favorite Food   🡺time needed: minutes
* Quick to fix Meal   🡺time needed: minutes
* Foods of the Pacific NW 🡺time needed: minutes
* Bread Baking – Quick Bread   🡺time needed: minutes
* Food for All Occasions 🡺time needed: minutes

Entry Fee (\*\*may be paid at the door): $3 Primary

$10 Junior, Intermediate & Senior

\*\*Entries are due Friday, July 7, in the Extension Office. Late entries – call Gary @ 509-435-3369 (cell)

**For Office Use Only:**

**Date entry received**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ **Prepaid (amount received)** \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

\_\_\_\_\_\_\_ ***Check here if the contestant intends to pay at the door***