

4-H on Parade 2022-23 Foods Competition Rules and Guidelines

The 4-H on Parade Foods competition is open to all 4-H members registered in a 2022-2023 4-H Foods project OR other 4-H project that includes a food or nutrition component.

All submissions must be prepared at home and brought to the competition on the day of judging by 9:00am. **Late entries will NOT be accepted.**

All food items for judging must be homemade by the member ONLY and from scratch (not a prepared mix). The same food item cannot be used for multiple classes.

A recipe that is clear, legible and complete must accompany each food item submitted. Please include the source of your recipe. Please do not exceed a letter size piece of paper.

All items entered should be presented in packaging that displays the food well. Studies show that presenting food in an aesthetically pleasing manner can enhance the experience of a dish. Therefore, presentation is an important aspect of the Foods competition. Each entry must be well wrapped to ensure freshness.

The competition will consist of 5 categories this year. Maximum of one entry per category. Members are encouraged to enter all 4 categories.

Ribbons and Awards

Ribbons:

Each class will be judged and based on total points for each food item. The food item with the highest total points will be awarded a Grand Champion ribbon and the food item with the second highest total points will be awarded a Reserve Champion ribbon. This applies for each of the 5 categories.

****To be eligible to compete for the awards, members will need to compete in all 5 classes. ****

Awards:

A grand champion award will be given the member with the highest cumulative score. A Reserve Grand Champion award will be given for the second highest cumulative score.

Should a tie or ties occur the judging team will be asked to break the tie for award purposes.

No one member may win both awards.

Be sure to review the judging criteria in each category. Each food item will be judged against the judging criteria set out, and not against food items of your peers.

Foods Competition – Judging criteria
4-H on Parade 2023

Note: Small plates and utensils will be provided for the judges to sample the items. We anticipate 2-4 judges.

- Plug ins are not available for this competition, so you may want to make sure to make cold items and use ice packs where needed.

Class #1 – Bite Size Appetizer – Cold

Please provide COLD appetizers on a dish of your choice – *enough for judges to taste and evaluate*. The appetizers should be bite size and can be served with a dipping sauce.

Judging Criteria:

- Outside Characteristics - each appetizer shows uniformity in size and weight while displaying creative food presentation. Appetizers are bite size.
- Inside Characteristics – good balance of tastes and textures.
- Flavor - ingredients and garnishes harmonize.
- Nutritional Content – consideration has been given to adding or modifying for nutritional content.
- Recipe/Ingredient List – clear, legible and complete. Must include source.

NOTE: Since this food item is perishable, be sure to keep food at a safe serving temperature. If the judges cannot be assured that the food is safe, they will make a visual placement of the item only.

Class #2 – Quick Bread Loaf

Please provide a quick bread loaf of your choosing – may use fruit and/or nuts. May be iced. Loaf may have streusel topping.

Judging Criteria:

- Outside Characteristics – slightly rounded top, evenly colored. Eye appealing.
- Inside Characteristics - good balance of tastes and textures, tender & moist crumb.
- Flavor – rich & appealing.
- Nutritional Content – consideration has been given to adding or modifying for nutritional content.
- Recipe- clear, legible and complete. Must include source. *Ingredient list will be acceptable if recipe is not used.*

Class #3 - Baked Snack Item -

Please provide snack items on a dish of your choice – *enough for judges to taste and evaluate*. Possibilities include cookies, brownies, bar cookies etc.

Judging Criteria:

- Outside Characteristics - appealing in color and evenly baked. Should be uniform in shape and thickness. Appealing presentation.
- Inside Characteristics - texture should be appropriate for the item.
- Flavor – flavors should be well-blended and have no off-flavor from fat, leavening, etc.
- Nutritional Content – consideration has been given to adding or modifying for nutritional content.
- Recipe— clear, legible and complete. Must include source. *Ingredient list will be acceptable if recipe is not used.*

Class #4 – Fruit Pie

Please prepare and present a fruit pie with either top crust or a crumble crust, in a glass pie dish.

Judging Criteria:

- Outside Characteristics – evenly browned appearance, appetizing appearance
- Inside Characteristics –light & flaky texture, tender pieces of fruit, evenly baked, good proportion of ingredients
- Flavor – fresh flavor, appropriate selection of ingredients, right amount of sweetness
- Nutritional Content – consideration has been given to adding or modifying for nutritional content.
- Recipe – clear, legible and complete. Must include source. *Ingredient list will be acceptable if recipe is not used.*

NOTE: If this food item contains perishable foods, be sure to keep the items at a safe serving temperature. If the judges cannot be assured that the food is safe, they will make a visual placement of the item only.

Class #5 – Homemade Candy - Fudge – Any Type

Please prepare and present a plate of 6 pieces of fudge – 1 ½" x 1 ½"

Judging Criteria:

- Outside Characteristics – looks appetizing & food presentation is appealing. Pieces are of correct size & neatly cut.
- Inside Characteristics – right amount of sweetness, pleasing smooth texture.
- Flavor - well-blended flavors; flavorful; appropriate selection of ingredients.
- Recipe – clear, legible and complete. Must include source. *Ingredient list will be acceptable if recipe is not used.*

NOTE: If this food item contains perishable foods, be sure to keep the items at a safe serving temperature. If the judges cannot be assured that the food is safe, they will make a visual placement of the item only.