Favorite Foods Show

Theme 2022: Red, White, Blue and BBQ too!

Please register by July 5 via Fair Entry

Food can be a creative tool to teach children about traditions that bring together family and friends. And what better reason to get together than a summer cookout! Summer cookouts open the door to a variety of recipes such as grilled meats and veggies, picnic sides, sunshine-y desserts and thirst-quenching drinks.

Come join us for the Favorite Foods Show on July 29th at 5pm in Sterl Hall (Abilene Fairgrounds). Participation for this event is open only to currently enrolled Chisholm Trail District 4-Hers, but we invite the public to join us for our own "summer BBQ" to enjoy this family-style potluck.

Rules

This event is a presentation of a table setting/favorite food display as a conference judging experience. 

*Please plan to arrive at 4:45pm to set up your table-setting and start the event at 5pm.*

Create a dish that you would bring to a summer cookout. Please bring a dish that is assigned to your age division:

**Juniors (9 and under)= dessert or refreshing beverages** (Please no tea, water, or soda pop)

**Intermediates (10-13)= side dishes or salads** (Examples: fruit salads, thai salad, veggie salad, potato salad, etc.)

**Seniors (14+)= sides or entrée** (Examples: hamburgers, hot dogs, chicken, etc.)

- Plan a healthy menu and bring the menu as a part of your table display. Remember the food groups and how colors and textures make meals pleasing to several of our senses.
- You will serve an appropriate adult serving size as a part of your table display. *Judges will taste the prepared dish.*
- Bring a copy of the recipe and the cost per serving *(a digital copy MUST to be sent electronically to mbonilla@ksu.edu as well to create cookbook).*
- Be prepared to answer questions during the conference judging as to why you chose this recipe? What makes it healthy, or if not so healthy, how it complements the rest of the menu. How could you make it a healthier option? Also think about any food safety considerations that would be relevant. We are encouraging participants to update their recipes with food safety instructions, such as “wash your hands...” as the first direction. For more information, see the [Safe Recipe Style Guide](#) for guidance.
- Tables will be provided-- (your display will be made on one end of a six-foot table.... about the size of a card table). When planning your display, think about how you would present what you made and how you would eat it. Serve the dish how it would be served (example: napkin or plate or plastic baggie even). You may wish to bring a tablecloth for presentation reasons.
- Please dress in typical 4-H conference judging attire.
- Allow 15 minutes of judging...The participant and the judge will be allowed at the table during judging. Once your judging is complete, your picture will be taken to assist the judge as well as for promotion and
a “cookbook” that will be complied and available later in the summer. You will be asked to clean up your area at the end of the event.

*Please bring enough for 8 people, as we will have sampling afterwards. (We will provide tea and water, as well as plates, etc.)

While the judge is tallying, participants will be able to do a quick tour with the crowd to answer questions. Younger participants can have help from their parents on the tour part, as we don't want to detour kids from participating if they are afraid to talk. Then we will take time to sample everyone's dish.

Announcements for the top three in each age division will be made at the end of the event. Each participant will be gifted a participation bag.

Questions? Contact FCS Agents Mirna at mbonilla@ksu.edu or 785-263-2001 ext-7.