

Favorite Foods Show

Theme 2026: Happy Birthday, America!

Please register by **July 10th** via Fair Entry
(ckff.fairentry.com)



Food can be a creative tool for bringing family and friends together. Join us for a celebration of the unique flavors we find in the United States of America as we mark the 250th Birthday in 2026. How would you best celebrate 250 years with a birthday meal?

The Favorite Foods Show will take place on **Saturday, July 18, 2026, at 4:00 p.m.** in Sterl Hall (619 N Rogers, Abilene). *Participation in this event is open to all Chisholm Trail District 4-Hers.* Enrollment in the foods and nutrition project is not required. The public is invited to join us for the meal following the contest as we enjoy this fun fair tradition.

Rules

This event is a presentation of a table setting/favorite food display as a conference judging experience. *Please plan to arrive at **3:45 pm** to set up your table-setting and start the event at **4:00 p.m.***

Create a birthday meal menu. Make one or more items from that menu based on your age division.

Juniors (9 and under): one appetizer

Intermediates (10-13): one side dish

Seniors (14+): one main dish and one dessert

- Plan your **menu** and bring it as part of your table display. The menu should include your name.
- Remember the food groups and how colors and textures make meals pleasing to several of our senses. Families have differing values of health benefits, so judges will consider the participants' reasons why they chose their menu.
- You will serve an appropriate adult serving size of each item as a part of your **table display**. Judges will have the opportunity to taste the prepared dish(es).
- Bring a copy of the **recipe(s)** and the **cost per serving**. A **Microsoft Word or PDF** of the recipe must be sent electronically to barbiew@ksu.edu by **July 15** to create a cookbook that will be distributed at the show. Include relevant food safety considerations such as "wash your hands..." as the first direction. For assistance, see the [Safe Recipe Style Guide](#). Please label any food allergens.
- 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 can you make it a healthier option? Also think about any food safety considerations that would be relevant. Dishes must be transported in a safe manner (keep hot foods hot and cold foods cold), including a

cooler or insulated bag, and food will not be placed on the table until the judge is seated and ready for judging.

- 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 as it would be served for an enjoyable family birthday party. Your picture will be taken with your display.
- Please dress in typical 4-H conference judging attire. You may choose to coordinate with your table setting.
- Allow 15 minutes of judging. The participant and the judge will be allowed at the table during judging.
- You will be asked to clean up your area at the end of the event.
- Please bring enough for eight people, as we will have a sampling afterward. Water and tableware will be provided.
- Our Summer Engagement Intern will provide hands-on learning activities for participants while they are waiting to be judged.
- Announcements for the top three in each age division will be made at the end of the event. All entrants will receive a participation gift.
- Prizes will be awarded to the top 3 placings in each age division:
 - 1st - \$40 cash award & \$10 local gift certificate
 - 2nd - \$30 cash award & \$10 local gift certificate
 - 3rd - \$20 cash award & \$10 local gift certificate

Prizes are sponsored by the Anita Hummel family in her memory. Anita was a Master Food Volunteer and 4-H leader who had a special talent for baking and was a great supporter of this event.

Questions? Contact Family & Community Wellness Extension Agent, Amanda Lindahl (alindahl@ksu.edu, 785-263-2001) or committee chair, Ava Hedstrom (avaghedstrom@gmail.com)

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