



Dutchess County 4-H Spring Food Festival April 18, 2020



REGISTRATIONS ARE DUE IN THE OFFICE BY APRIL 10th – NO EXCEPTIONS!

Rules of Participation

1. There will be 3 divisions according to age:

Cloverbuds

5-7 years old as of January 1, 2020

Time Allowed

Maximum 15 minutes

Juniors

8-13 years old as of January 1, 2020

Time Allowed

15-25 minutes

Seniors

14-19 years old as of January 1, 2020

Time Allowed

20-30 minutes

2. Everyone **must** use at least one ingredient that is produced in New York. Examples include: fruit, vegetables, grains, milk products, meat, eggs, honey, and maple syrup.
3. The measuring of at least 1 dry ingredient and 1 wet ingredient must be demonstrated; all other may be pre-measured.
4. Entrants must bring all the ingredients and materials that they need for their demonstration, for example: ingredients, bowls, spoons, chopping board, knives, cook tops and serving plates.
5. Ingredient brand names must be hidden by covering or transferring them to unmarked containers, EXCEPT for the NYS ingredient.
6. Cloverbuds must include a picture they have drawn of their dish, or a photo they have taken of them with a practice dish they made at home – it must clearly show the finished dish.
7. Juniors and seniors must include a complete menu for a 3-course meal, with their recipe as one of the courses.
8. Times will be allocated on a first-come first-served basis and will be sent to you via e-mail.

NOTE: Youth who wish to have their demonstrations count as their public presentation MUST speak throughout the presentation. Follow the Spring Food Festival Time Allowed rule.

Registration Reminders

- Read the rules and evaluation guidelines study the appropriate rubric
- Submit your entries on or before the deadline
- Be sure all entry forms are complete, and include required pictures or menu cards