

2023 Oahu County 4-H Food Show
"Return to an Incredible New Year"
(Local Foods and Cultural Food Dishes)
Saturday, January 28, 2023
Farrington High School, Rooms 121, 122, 125
4:00-8:00 PM



PROGRAM OBJECTIVES:

- To realize the importance of nutrition in one's daily diet.
- To emphasize the need to conserve nutrients through proper food preparation.
- To develop skills in meal management.
- To create consumer awareness in purchasing food products and food safety.
- To provide an opportunity for youth to demonstrate their knowledge and skills.

THEME: "Return to an Incredible New Year"

CATEGORIES:

- Dishes with a Local Food product
- Cultural Food Dishes

RECIPE TYPES:

- Main Dish
- Dessert
- Others: appetizers, soups, breads, salads, etc.

DIVISIONS: Age as of December 31, 2022

<u>Division</u>	<u>Ages</u>	<u>Color Identification</u>
Senior Division	14-19 year olds	purple
Intermediate Division	12-13 year olds	yellow
Junior Division	9-11 year olds	pink
Cloverbud Division	5-8 year olds	green

PARTICIPANTS:

All participants must register as a 4-H member with the Oahu 4-H Program (Membership is free).
Returning 4-Hers can register online (contact your club leader)
New participants, please print, complete and submit the 4-H enrollment forms at
<http://go.hawaii.edu/hLG>

Contact Christine Hanakawa at 956-7196 or email chanakaw@hawaii.edu for any questions.

FOOD SHOW FORMS, DEADLINE: Postmarked January 2, 2023

All forms are available at the Food Show webpage: <http://go.hawaii.edu/hLG>
4-H Enrollment Form* (only if your child is not enrolled in a 4-H club. All 4-H club members must be enrolled on ZSuites)
Cover Sheet*
Individual Entry Form*
*Must print and mail a copy to chanakaw@hawaii.edu **on or before Monday, January 2, 2023.**

Checks payable to “Oahu 4-H Organization”

Drop off hardcopy forms and payment to Oahu 4-H, Honolulu Extension Office
1955 East West Road, Ag Sci 217, Honolulu, 956-7196 (UH-Manoa)—Please call first

Mail or drop off hardcopy forms and payment to (call office first, open Monday-Friday, 8:30 am-3:30 pm):

Pearl City Extension Office, 955 Kamehameha Highway, 453-6050

FEES:

\$5.00 Per Entry

Each participant will be required to sell 2 cookbooks at \$10.00 each

Each participant will receive 1 free cookbook

\$10.00 for additional cookbooks (optional)

DISPLAY GUIDELINES:

Must not extend beyond 17” x 23.”

No heating elements, no elevations or tiers, no lighted candles, no artificial materials for food.

Judges samples (2): place to the left of the display, must be wrapped, with eating utensils, may be stored in coolers. Please practice food safety—keep hot foods hot, cold foods cold.

Score sheets (2): place to the right of the display.

Participants must set-up their displays by themselves, adults will NOT be allowed in the display area.

AWARDS:

Ribbon Award	♦100-80: Blue	♦79-60: Red	♦59-1: White	♦Cloverbuds: Green
Chairpersons’ Award	Chairperson will award their personal favorite based on appearance, for each division. Small Trophy.			
People’s Choice Award	4-Hers, Family, and Friends will taste and vote for their favorite dish.			
FCCLA Award	Highest point of each category, in each division.			

TIME SCHEDULE:

4:00 pm	Registration, set-up of entries		
5:00-7:00 pm	Introduction of Judges	Ice Breaker Game	Distribution of
	Judging	Silent Auction	Cookbooks
	People’s Choice Award	Pot-Luck Dinner	
7:00 pm	Viewing of Entries with Ribbons	Silent Auction closes	
7:30 pm	Presentation of Awards	Silent Auction	
8:00 pm	Dispose and Remove all display items		

PRACTICE NOTE TO LEADERS AND PARENTS:

Have participants practice setting up their display(s). Leaders/Adults cannot help the participants at the Food Show. The 4-H motto, “Learn by Doing,” is best applied when the 4-H’er sets up his/her own display/s. Adults and other non-participants will not be allowed to enter the display area during set-up, before and during judging.