



Oahu County 4-H Food Show

Return to an IncRedible New Year



Sunday, March 5TH, 2023

@ Farrington High School, Culinary Academy Rooms

TO APPLY:



Check-in: 1 PM
Display/Dish Set-Up: 1 PM - 3 PM
Judging/Activities: 3 PM - 4 PM
Award Ceremony: 4 PM - 5 PM
Clean Up: 5 PM - 6:30 PM

GENERAL ADMISSION: \$5.00
APPLICATION & FEE DUE
BY: FEBRUARY 16, 2023

FOR MORE INFO:



OBJECTIVES

- 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.

2023 OAHU COUNTY COOKING VIDEO CHALLENGE

- 5-7 minutes Video
- Feature a Local Commodity
- Include safe food handling.
- Include a photograph.
- Due February 16, 2023



ACTIVITIES

- Silent Auction
- Make N' Take
- Games



CATEGORIES

Cooking and/or baking of:

- Local Foods
- Cultural Foods

(You can enter up to 2 recipes for different categories)

AWARDS

- FCCLA Award (the top category in each division: Locals Foods and Cultural Foods)
- Committee's Choice
- People's Choice
- President Choice



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