



Tripp County 4-H invites you to participate in the ... 2024 Special Foods Contest

In the special foods contest, each participant brings the ingredients and equipment to prepare a healthy snack or entrée within a 90-minute time. The recipe doesn't need to be complex, but it should provide a full serving from one food group (dairy, protein, grains, fruit, or vegetables) and involve at least two ingredients that need to be measured. After preparing the food, one serving is set out on a table display with the appropriate silverware and a centerpiece. You'll then meet with a judge to discuss nutrition. After the judging is complete, you'll be able to sample the foods made by everyone else!

- **Step 1: Pick a recipe and practice. Beginners can do a healthy drink or snack; juniors and seniors should do an entrée. Read through the South Dakota 4-H Special Foods Handbook found on the SDSU Extension website on the State Fair page (<https://extension.sdstate.edu/state-fair>). Keep in mind that our county contest is much more laid back than how it is described in the handbook for the state fair.**
- **Step 2: Complete the paperwork before coming to the contest. This will be mailed to you after you register.**
- **Step 3: Pack all the ingredients you may need, cooking utensils and serving display.**
- **Step 4: Wash your hands, cover your hair, put on your apron, and start cooking! Be sure to show the judge how you measured at least two ingredients.**
- **Step 5: Make a recipe with at least 2-6 servings.**
- **Step 6: Set out one serving on the place setting.**
- **Step 7: Give one serving to a judge and visit with them about your food and nutrition.**
- **Step 8: Wash your dishes and wait for the contest to finish (up to 90 minutes).**
- **Step 9: Enjoy sampling all the leftovers!**



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