

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, frit, 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!



Tripp County 4-H Youth in Action Day

Registration Form – event on Thursday, June 20, 2024 DUE: Friday, May 31, 2024 to Tripp County 4-H Office, 200 E 3rd, Winner, SD

lame: Age as of Jan 1, 2024:		
I would like to participate in special foods from 10	-Noon Yes No	
SPECIAL FOODS REGISTRATION		
Special Foods Recipe Title:		
Food Group:		
Place Setting Theme:		
(Ex: Spring Brunch, Birth	day Bash or Mexican Fiesta)	
If using meat, indicate: (check one of the following	g)	
Beef	Poultry	
Fresh Pork	Rabbit	
Lamb	Fish	
Other		
Oven Temperature: (if not ne	eded, write none)	
Do you need access to the stove top?	Yes	No
Do you need access to a plug-in?	Yes	No

The special foods guidelines can be picked up in the 4-H office.

More information will be sent to you once your registration is received, but please feel free to contact the office for help with your recipe preparations.



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