



WSU EXTENSION

Grays Harbor/Mason County

July 25, 2022

To: Grays Harbor & Mason County 4-H Community
From: Grays Harbor 4-H Fair Committee
Re: Supplemental Information for 2022 GHC Fair – Public Presentations & Kitchen Activities

Please note that the registration info at the end of this packet must be received by Monday, August 1st. Please send forms to tracie.hanson@wsu.edu or heather.doran@wsu.edu, to PO Box 3018, Elma, WA 98541, or submit requests at <https://forms.office.com/r/YG8GKE4q3g>

Time slots will be filled on a first-come, first-served basis, to reserve a time. If your form is not received by Monday, August 1st, any remaining scheduling will take place during the still life check-in at the fairgrounds pavilion on Sunday, August 7.

WSU EXTENSION 4-H YOUTH DEVELOPMENT RESOURCES

- > Enter Still Life exhibit information (baking, kitchen activities, educational posters, presentations, etc.) with the FairEntry platform at <http://www.fairentry.com/Fair/SignIn/16850> using the same email address and password as 4-H Online
- > Information about upcoming educational events is available at: <http://extension.wsu.edu/graysharbor/4-h/links/> and <https://www.facebook.com/graysharbor4h/>

WA STATE 4-H FAIR REMINDERS

- > The State 4-H Fair Exhibitor Guide will be available online soon at: <http://extension.wsu.edu/4h/fairs/state-4-h-fair/> Please check frequently for updated information!

4-H Table Setting Activity

- 1) All table setting activities will be held on Wednesday, August 10th, between 11 am and 6 pm. Following the activity, the table setting will be left on display for the entire fair.
- 2) Total time allowed is thirty minutes.
- 3) Members will set two place settings on the table in front of the judge. Interview judging will be used.
- 4) Cloverbud, junior, intermediate, and senior 4-H members may participate. Cloverbud and junior members will develop table settings for breakfast or lunch. Intermediate and senior members may display table settings for foreign foods, lunch, dinner, or a party. Include menu and an explanation of culture or theme.
- 5) Plan a coordinated, economical table setting and menu around a specific theme and culture, while taking into consideration the menu's nutritional value as a part of total day's food.
- 6) Contestant will provide their own placemat, centerpiece, dishes, utensils, glassware, and linens.
- 7) Reference materials: EM3443 "Dinner is Served", C1075e "4-H Table Setting Activity" and C1076e "4-H Table Setting Activity Scorecard" (revised in 2013), library books on foods and table setting, magazines, etc.
- 8) The exhibit will consist of: a covering (placemat) and centerpiece, two properly set; complete place settings; an 8 ½" x 11" standing stiff card with the menu listed, and cost.
- 9) Judging will be based on: creativity of theme or enhancement of culture; use of appropriate accessories; eye catching appeal; and accuracy of setting. We will use C1076e "4-H Table Setting Activity Scorecard" (revised in 2013).

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4-H Kitchen Activities

Many of the 4-H Kitchen Activities publications were revised in 2011 and 2013. While it is recommended that you use the newest publications, judges will provide leeway for those members using the previous materials.

Publications can be found online at: <https://pubs.extension.wsu.edu/>

C1099e, 4-H Food Activity Worksheet

C1097e, 4-H Food Activity Scoresheet Evaluation Criteria

EM4733e, 4-H Food Activity Guidelines

C1098e, 4-H Food Activity Scoresheet

Many of the 4-H Kitchen Activities publications were revised in 2011 and 2013. Guidelines for all foods activities, except table setting, may be found in EM4733e. The following activities will be conducted this year:

Food Art (NEW!)

Bread Making (Yeast Bread and Quick Bread)

My Favorite Foods

Foods of the Pacific Northwest

Quick to Fix Meals

Table Setting Activity (please refer to C1075e and C1076e, which were revised in 2013)

In addition to the guidelines above, we will also use the following additional guidelines in Grays Harbor.

- 1) All 4-H Food Activities will take place in the Pavilion Meeting Room at the Fairgrounds in Elma.
- 2) Junior, Intermediate, and Senior members may participate in any of the activities (please check time limits for each age group).
- 3) Cloverbud members may participate only in Table Setting Activity. Comments will be given, and participation ribbons awarded. Cloverbud members are not eligible for premiums.
- 4) Please check in with the 4-H Kitchen Superintendent at least one hour before your scheduled time. We often have to make last minute scheduling adjustments. If you arrive early, we may have limited refrigerator space, so plan to use ice chests.
- 5) Participants will bring a completed 4-H Food Activity Worksheet (C1099e), along with required recipes and/or menus to the activity. Use parts of the worksheet that are suitable for your age group and activity.
- 6) Participants will bring their own cookware, table linens, cooking equipment, and any special equipment they may need.
- 7) Participants will bring their own hot pads or mitts, dishcloths, hand towels, and dish towels.
- 8) A table, sink, refrigerator, range, counter space, cutting board, knife, dish drainer, soap, and bleach will be provided.
- 9) We encourage all food to be purchased from an approved food source. Please keep safety in mind when packing your items and transporting them to the fairgrounds.
- 10) All food containers must be clean and free of foreign material. You no longer have to bring items in their original packages. Judges will closely monitor to see that items are clean and suitable for their use.
- 11) Indicate the total time needed (including set up, clean up, and interview) on the entry form.

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4-H Food Art ****New**** (this is not a State fair qualifying event)

A well-known adage among chefs' states "you eat first with your eyes". This activity encourages members to create visually attractive food to tempt and entertain even the most finicky eater.

This activity is open to Jr., Int. & Sr. 4-H members enrolled in any foods & nutrition project.

1. Junior members will be asked to create a nutritious, fun, and attractive "afternoon snack" for themselves and a friend.

* Snack must contain at least 2 different vegetables, 2 different fruits/berries, at least one grain product (bread, crackers, etc.) and at least one dairy food item. The snack must be artfully arranged on a serving platter (platter chosen and brought by exhibitor).

*Platter will be judged and then put on display, (covered in clear wrap) in the still life building. Platter will be returned to exhibitor after fair, but food items will be disposed of.

*For safety reasons, Jr. members may bring pre-cut food items in containers in lieu of cutting them during contest...if members must cut foods during contest, we will supply a "helper" to assist, along with appropriate knives and cutting board.

*Jr. members will have 1/2 hour (30 min.) in which to create the snack platter, describe the snack and reasons for the food choices.

*Activity will be judged on creativity and attractiveness, safety, understanding of foods used.

2. Intermediate members will be asked to create an artistic, fun "breakfast for one"

*The breakfast must contain at least one 'cooked item' (pancakes, eggs, bacon, etc.) that member will prepare during contest. Breakfast must also include at least 2 different fruits or berries and at least one dairy food.

*Members will have 60 minutes to prepare the breakfast plate and explain reasoning for food choices and design inspiration.

*Activity will be judged on creativity & attractiveness, safety, understanding of foods used.

*Breakfast plate will be judged, covered in clear wrap and displayed for duration of fair (or as long as possible). Plate will be returned to exhibitor at the end of the fair; however, food items will be discarded.

3. Senior members will be asked to create an artfully decorated "focaccia bread."

Focaccia is a yeast bread, so be reminded of this in your time plan and recipe choice.

You may use your own recipe or request one from contest officials.

Member will have 3 hours to complete the activity.

* This activity may be combined and judged simultaneously as a yeast bread activity. In other words, your effort will be judged with two different sets of criteria.

* All decorative items on the focaccia bread must be edible (herbs, flowers, etc.).

* The finished bread will be judged as food art on creativity and attractiveness, safety, understanding of ingredients used.

* If also being judged in the yeast bread activity, you will be judged using C1098e score sheet.

2022 Registration for 4-H Kitchen Activities and Public Presentations

DELIVER BY MONDAY, AUGUST 1 TO:

4-H Fair Committee, c/o WSU Extension Grays Harbor, PO Box 3018, Elma, WA 98541

or via email to tracie.hanson@wsu.edu or heather.doran@wsu.edu

or use the online form available at <https://forms.office.com/r/YG8GKE4q3g>

Name of 4-H member: _____ Name of Club: _____

4-H Age: ____ Cloverbud ____ Jr ____ Int ____ Sr Email Address: _____

<u>Name of Contest</u>	<u>Date (Circle one)</u>	<u>Time Preference (include am/pm)</u>
Table Setting Activity	Wednesday of fair	
Food Art	WED - THURS - FRI - SAT	
Bread Making Activity (Yeast OR Non-yeast)	WED - THURS - FRI - SAT	
Foods for All Occasions (Individual OR Team)	WED - THURS - FRI - SAT	
Foods of the Pacific Northwest	WED - THURS - FRI - SAT	
Lunch on the Go Activity	WED - THURS - FRI - SAT	
My Favorite Foods Activity	WED - THURS - FRI - SAT	
Quick to Fix Meals Activity	WED - THURS - FRI - SAT	
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