



DISTRICT 10
FALL ROUNDUP

FOOD CHALLENGE

DECEMBER 1, 2022

Kerrville, TX

Food Challenge

DATE: Thursday, December 1, 2022

LOCATION: Hill Country Youth Center ([3785 TX-27 Kerrville, TX 78028](https://www.google.com/maps/place/Hill+Country+Youth+Center/@30.011111,-98.511111,15z))

SCHEDULE*

8:45 a.m.	Agents Arrive
9:00 a.m.	Group Leader Orientation
9:30 a.m.	Food Challenge Judges Arrive
9:45 a.m.	Junior, Intermediate, & Senior Teams Arrive/Check Boxes
9:45 a.m.	Judges Orientation
10:15 a.m.	Contest Begins
10:55 a.m.	Contest Ends
11:00 a.m.	Presentation Judging Begins
1:30 p.m.	Awards (<i>subject to change depending on tabulation</i>)

**Schedule is subject to change*

CONTEST TYPE

Qualifying:

1. Counties may advance the following number of teams in each age division:
 - a. Juniors – 2 teams
 - b. Intermediates – 2 teams
 - c. Seniors – 2 teams
2. District 1st place Senior Teams from each category will advance to Texas 4-H State Roundup.

CONTEST STRUCTURE

Team ONLY

1. Teams may consist of 3-4 youth in the same age division.
 - An exception to the age division is that juniors may move up to compete with an intermediate team, but intermediates or seniors may not move up or down to a different age division.
2. Teams must be declared in advance by the County agent on 4-HOnline.
 - A substitution may be made if a participant cannot attend or is deemed ineligible. Substitutions may only be made with County & District level approval.

CONTEST RULES

1. **General:** District 10 Food Challenge will follow the State 4-H Food Challenge Rules & Guidelines lines unless otherwise stated in these rules. Click links below for PDF documents:
 - [2022-2023 Texas 4-H Food Challenge State Rules and Guidelines](#)
 - [2022-2023 PREPARATION Scorecard](#)
 - [2022-2023 PRESENTATION Scorecard](#)
 - Additional resources will be available on <https://texas4-h.tamu.edu/projects/food-nutrition/> under the Contest Subheading.
2. **Categories:** There will be four food categories in each age division at the District Contest:
 - Appetizers
 - Main Dish
 - Side Dish
 - Healthy Desserts
 - Teams will be randomly assigned to a category, but assignments will not be announced until the morning of the contest.
3. **Supply Boxes:** Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Rules & Guidelines.
 - Please review supply kit lists linked and attached below
(There are 3 different kits based on age division.)
 - i. Junior Kit ([DOWNLOAD](#))
 - ii. Intermediate Kit ([DOWNLOAD](#))
 - iii. Senior Kit ([DOWNLOAD](#))
 - **NEW!** – *Equipment boxes must now comply to a size limitation of: 40" x 24" X 40". In addition, boxes must remain closed with all equipment inside until the contest begins. Wheels will not be included in height measurement since larger wheels are often more conducive to travel to contest locations.*
 - Teams may NOT SHARE supply boxes.
4. **Contest Materials:** Each team will be provided with a notebook with printed resources. Resources will include MyPlate Mini-Poster, Fight Bac - Fight Food Borne Bacteria Brochure, Know Your Nutrients, and Food Safety Fact Sheet. No other resource materials will be allowed. Teams may not use their personal copies of the resources during the contest. Additionally, each age division will be provided:
 - **NEW!** - *Teams will not be required to analyze the cost of their recipe, nor will this be included in the presentation and scoring of the contest*
 - **Juniors** - will receive 3-5 ingredients with assigned category, nutritional information, and coupons to receive items from the grocery store.
 - **Intermediates** – will receive 1-2 ingredients with assigned category and coupons to receive items from the grocery store.
 - **Seniors** – will receive a sheet with an assigned category, one “key” food item, and coupons to receive items from the grocery store.

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. **NEW!** – *Equipment boxes must now comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.*

Beverage Glass	Liquid measuring cup (2 cup size)
Bowls	Measuring spoons (1 set)
• Dip Size (1)	
• Mixing (2)	Note cards (1 package - no larger than 5 X 7)
• Serving (1)	Paper towels (1 roll)
Calculator	Pancake turner
Can Opener	Pencils (no limit)
Cookie sheet	Plastic box or trash bag for dirty equipment
Colander	Potato masher
Cutting Boards (3)	Potato peeler
Disposable tasting spoons (no limit)	Sanitizing wipes (1 container)
Dry measuring cups (1 set)	Serving platter or plate
First aid kit	Serving utensil
Fork	Skewers (1 set)
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Kitchen shears (1 pair)	Tongs
Kitchen timer	Whisk
Knives (4)	

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. **NEW!** – Equipment box must now comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.

Beverage Glass	Kitchen timer
Bowls	Knives (4)
• Dip Size (1)	Liquid measuring cup (2 cup size)
• Mixing (2)	Measuring spoons (1 set)
• Serving (1)	
Calculator	Non-stick cooking spray
Can Opener	Note cards (1 package - no larger than 5 X 7)
Cookie sheet	Paper towels (1 roll)
Colander	Pancake turner
Cutting Boards (3)	Pencils (no limit)
Disposable tasting spoons (no limit)	Plastic box or trash bag for dirty equipment
Dry measuring cups (1 set)	Potato masher
Electric Skillet	Potato peeler
Extension cord	Sanitizing wipes (1 container)
First aid kit	Serving platter or plate
Food thermometer	Serving utensil
Fork	Skewers (1 set)
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Hot pads (up to 5)	Tongs
Kitchen shears (1 pair)	Whisk

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 jar chicken bouillon
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

SUPPLY BOX (SENIOR ONLY)

NEW

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Pencils (no limit)
Bowls (up to 4 - any size)	Plastic box & trash bags for dirty equipment
Calculator	Pot with lid
Can Opener	Potato masher
Colander	Potato peeler
Cutting Boards (up to 4)	Sanitizing wipes (1 container)
Disposable tasting spoons (no limit)	Serving dishes/utensils
Dry measuring cups (1 set)	1 plate/platter
Electric Skillet	1 bowl
Extension cord (multiple outlet or strip style) <i>Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies</i>	1 utensil
First aid kit	Skewers (1 set)
Food thermometer	Skillet with lid
Fork	Spatulas (up to 2)
Gloves	Stirring spoon
Grater	Storage bags (1 box)
Hand sanitizer	Tongs (up to 2)
Hot pads (up to 5)	Toothpicks (no limit)
Kitchen shears (1 pair)	Two single-burner hot plates or One double- burner plate (electric only!)
Kitchen timer	Whisk
Knives (up to 6)	
Liquid measuring cup	
Manual pencil sharpener	
Measuring spoons (1 set)	
Non-stick cooking spray	
Note cards (1 package - no larger than 5 X 7)	
Paper towels (1 roll)	
Pancake turner (up to 2)	

Pantry Items

Salt
Pepper
Oil (up to 17 oz)
1 jar chicken bouillon
1 medium onion
2 cans (up to 16 oz)
vegetables and/or fruit (*team choice*)
Rice (white or brown)
or pasta (up to 16 oz) (*team choice*)

JUNIOR Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. **NEW!** – *Equipment boxes must now comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.*

Beverage Glass	Liquid measuring cup (2 cup size)
Bowls	Measuring spoons (1 set)
• Dip Size (1)	
• Mixing (2)	Note cards (1 package - no larger than 5 X 7)
• Serving (1)	Paper towels (1 roll)
Calculator	Pancake turner
Can Opener	Pencils (no limit)
Cookie sheet	Plastic box or trash bag for dirty equipment
Colander	Potato masher
Cutting Boards (3)	Potato peeler
Disposable tasting spoons (no limit)	Sanitizing wipes (1 container)
Dry measuring cups (1 set)	Serving platter or plate
First aid kit	Serving utensil
Fork	Skewers (1 set)
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Kitchen shears (1 pair)	Tongs
Kitchen timer	Whisk
Knives (4)	

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

INTERMEDIATE Supply Box List

Each team will bring an equipment box containing **only one** each of the following items, unless a different quantity is noted. **NEW!** – Equipment box must now comply to a size limitation of: 40" x 24" X 40". Wheels will not be included in height measurement.

Beverage Glass	Kitchen timer
Bowls	Knives (4)
• Dip Size (1)	Liquid measuring cup (2 cup size)
• Mixing (2)	Measuring spoons (1 set)
• Serving (1)	
Calculator	Non-stick cooking spray
Can Opener	Note cards (1 package - no larger than 5 X 7)
Cookie sheet	Paper towels (1 roll)
Colander	Pancake turner
Cutting Boards (3)	Pencils (no limit)
Disposable tasting spoons (no limit)	Plastic box or trash bag for dirty equipment
Dry measuring cups (1 set)	Potato masher
Electric Skillet	Potato peeler
Extension cord	Sanitizing wipes (1 container)
First aid kit	Serving platter or plate
Food thermometer	Serving utensil
Fork	Skewers (1 set)
Gloves	Spatulas (2)
Grater	Stirring spoon
Hand sanitizer	Storage bags (1 box)
Hot pads (up to 5)	Tongs
Kitchen shears (1 pair)	Whisk

Pantry items you can include in your kit

- Salt
- Pepper
- Oil (up to 17oz)
- 1 jar chicken bouillon
- 1 medium Onion
- 2 cans (up to 16 oz) vegetables and/or fruit (team choice)

SUPPLY BOX (SENIOR ONLY)

NEW

Supply boxes are limited to the following dimensions: 40" x 24" X 40"

Each team will bring an equipment box containing only one each of the following items, unless a different quantity is noted:

Beverage glass	Pencils (no limit)
Bowls (up to 4 - any size)	Plastic box & trash bags for dirty equipment
Calculator	Pot with lid
Can Opener	Potato masher
Colander	Potato peeler
Cutting Boards (up to 4)	Sanitizing wipes (1 container)
Disposable tasting spoons (no limit)	Serving dishes/utensils
Dry measuring cups (1 set)	1 plate/platter
Electric Skillet	1 bowl
Extension cord (multiple outlet or strip style) <i>Teams should be certain the extension cord is compatible (2-prong/3-prong) with the plugs on their electrical supplies</i>	1 utensil
First aid kit	Skewers (1 set)
Food thermometer	Skillet with lid
Fork	Spatulas (up to 2)
Gloves	Stirring spoon
Grater	Storage bags (1 box)
Hand sanitizer	Tongs (up to 2)
Hot pads (up to 5)	Toothpicks (no limit)
Kitchen shears (1 pair)	Two single-burner hot plates or One double- burner plate (electric only!)
Kitchen timer	Whisk
Knives (up to 6)	
Liquid measuring cup	
Manual pencil sharpener	
Measuring spoons (1 set)	
Non-stick cooking spray	
Note cards (1 package - no larger than 5 X 7)	
Paper towels (1 roll)	
Pancake turner (up to 2)	

Pantry Items

Salt
Pepper
Oil (up to 17 oz)
1 jar chicken bouillon
1 medium onion
2 cans (up to 16 oz)
vegetables and/or fruit (*team choice*)
Rice (white or brown)
or pasta (up to 16 oz) (*team choice*)