**Favorite Foods Show**

**Theme 2020 "International Foods"**

Please register by July 5 via Fair Entry

Come join us for the Favorite Foods Show on July 24, 2020 at 5pm at Sterl Hall, 619 N Rogers St, in Abilene. This event is open to currently enrolled Dickinson County 4-Hers. This year we are asking only participants and one supporting adult to attend.

**Rules**

A face covering or mask will be required of all who enter the building.

This event is a presentation of a table setting/favorite food display as a conference judging experience

Plan a healthy menu and bring the menu as a part of your table display. Remember the food groups and how colors and textures make meals pleasing to several of our senses.

Bring your favorite dish from that menu. You will serve an appropriate adult serving size as a part of your table display. Judges will not taste the food. The served food will be donated to a local organization.

Bring a copy of the recipe and the cost per serving (and return your Recipe Form to renaer@ksu.edu as well)

Be prepared to answer questions during the conference judging as to why you chose this recipe? What makes it healthy, or if not so healthy, how it complements the rest of the menu. How could you make it a healthier option? Also think about any food safety considerations that would be relevant. We are encouraging participants to update their recipes with food safety instructions, such as “wash your hands...” as the first direction. For more information, see the guidance and examples on our office website under the Central Kansas Free Fair tab.

Tables will be provided-- (your display will be made on one end of a six-foot table.... about the size of a card table). When planning your display, think about how you would present what you made and eat it...? Serve the dish how it would be served (example: napkin or plate or plastic baggie even). You may wish to bring a tablecloth for presentation reasons.

Please dress in typical 4-H conference judging attire. While it will be tempting for some to wear a costume or clothing that ties to their chosen international cuisine, this additional step is discouraged this year.

You will be assigned a time for conference judging with considerations for families. Please time yourself at home to know how long it will take you to set up. Allow for that time, plus 5 minutes only for safety reasons. The participant and the judge will be allowed at the table during judging. Once your judging is complete, your picture will be taken to assist the judge as well as for promotion and a “cookbook” that will be compiled and available later in the summer. You will be asked to clean up your area and leave the building. Announcements for the top two in each age division will be made via the online Fair Entry results.

- Questions? Contact FCS Agents Renae at renaer@ksu.edu or 785-263-2001 ext- 3 or Mirna at mbonilla@ksu.edu or 785-263-2001 ext-7