**Favorite Foods Show**

**Theme 2021 "Intergenerational Foods"**

Please register by July 5 via Fair Entry

Food can be a tool to teach children about cultural traditions within their family and bring together younger and older generations for a common purpose. Intergenerational cooking can build on the strengths that different generations have to offer, nurture understanding and mutual respect.

Come join us for the Favorite Foods Show on July 30, 2021 at 5pm at Thunder Struck, 401 Cottage Ave, in Abilene. Participation for this event is open to currently enrolled Dickinson County 4-Hers, but we invite the public to join us as we celebrate recipes passed down generations.

**Rules**

This event is a presentation of a table setting/favorite food display as a conference judging experience. *Please plan to arrive at 4:45pm to set up your table-setting and start the event at 5pm.*

Create a dish that has been passed down in your family for generations or a dish that has meaning for your family. Please bring an intergenerational dish that is assigned to your age division:

- **Juniors (9 and under)** = dessert dish,
- **Intermediates (10-13)** = side dish,
- **Seniors (14+)** = main entrée

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.

You will serve an appropriate adult serving size as a part of your table display. Judges will taste the prepared dish this year.

Bring a copy of the recipe and the cost per serving (a copy needs to be sent electronically to mbonilla@ksu.edu as well to create cookbook).

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 [Safe Recipe Style Guide](https://www.dickinson.k-state.edu/central-kansas-free-fair/index.html) for guidance and examples on our office website.

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 how you would 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.

Allow 15 minutes of judging...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 at the end of the event.
**CHANGE FOR 2021** - Please bring enough for 8 people, as we will have sampling afterwards. (We will provide tea and water, as well as plates, etc.)

While the judge is tallying, participants will be able to do a quick tour with the crowd to answer questions. Younger participants can have help from their parents on the tour part, as we don’t want to detour kids from participating if they are afraid to talk. Then we will take time to sample everyone's dish.

Announcements for the top three in each age division will be made at the end of the event. Each participant will be gifted a participation bag.

A face covering or mask is not required, but highly recommended.

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