



Favorite Foods Day is a fun way for you to show off your consumer science skills! This event is open to all of our members. You do not have to be in a cooking project to participate in the Favorite Foods competition.

You may enter the Favorite Foods competition in one of the following categories: Appetizer, Salad, Main Dish, Vegetable, Bread, Dessert. A copy of your recipe must be included with your entry.

Directions for Entry:

- All dishes must be home-prepared by the 4-H member.
- Members must present an individual place setting with table covering on a card table appropriate to the meal menu; include a serving plate and utensil for your favorite food. Note: there is a limited number of tables available; contact the 4-H office if one is needed.
- Print your menu on a nice-looking piece of paper to display on the table with your entry.
- Provide copies of the recipe for your dish to share with the judges and any visitors and spectators.
- If you need to have a crock pot, or something else that needs electricity, please bring an extension cord.
- The judge(s) will want to try your dish so bring a small plate, napkins, and utensils for the judges to use. Visitors and spectators will want to try your dish as well. Be sure to bring additional small portions of Your Favorite Food as well as additional small plates, paper cups, napkins, spoons, or forks so that you may share individual samples.
- Be prepared to tell the judge about your menu and favorite food; why you selected it, and how you prepared your dish. Be prepared to share information about the nutritional value of your dish and menu selected.
- Have fun matching the theme of your table to the theme of your dish and menu.

