Any type of 4-H group, even part of a group may participate. Please register by January 10. Exhibitors must be present at the event (do not just send exhibits). Ribbons will be presented.

**Club Food Exhibit Theme:**  “Stranded on a Deserted Island” (see explanation below)

<table>
<thead>
<tr>
<th>Schedule</th>
<th>Event Details</th>
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</thead>
<tbody>
<tr>
<td>11:00 a.m.</td>
<td>Arrive and Set Up <em>(eat lunch before arriving)</em></td>
</tr>
<tr>
<td>11:15 a.m.</td>
<td>Judging <em>(group interview with evaluator)</em></td>
</tr>
<tr>
<td>12:15 p.m.</td>
<td>Exhibit Sampling – 4-Hers and guests</td>
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<td></td>
<td>4-Hers are asked not to eat their exhibit before the sampling. Bring extra for others to try.</td>
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<tr>
<td></td>
<td>Disposable plates, bowls and utensils will be provided for the sampling session.</td>
</tr>
<tr>
<td>12:45 p.m.</td>
<td>Food Art Demonstration</td>
</tr>
<tr>
<td>1:15 p.m.</td>
<td>Recognition followed by Clean Up</td>
</tr>
</tbody>
</table>

Please prepare the food and pack it so it will stay hot or cold until 11:15, although there are two fridges and stoves at the Center. To learn about safely preparing and presenting your meal, get useful information at [www.foodsafety.uconn.edu](http://www.foodsafety.uconn.edu).

**FOOD EXHIBITS:**

Club Food Exhibit Theme:  “Stranded on a Deserted Island”

*You are stranded on a remote setting. How will you survive? What foods will you find and how will you prepare it? Use your creativity as you interpret this year’s theme.*

Include appetizer, main course, dessert, and drink that best highlights the theme. Think outside the box and be creative.

- Include recipes for all foods exhibited and a general description of the theme you chose.
- 4-Hers should enter as a club, not as individuals. The evaluator will talk to each 4-H’er but the youth should plan something together. Each group will have one table.
- Foods may NOT be prepared from mixes.
- Please consider food safety: *keep cold foods cold and hot foods hot.*
- 4-Hers must be present for the event and do not just send entries. Set your table for the number of exhibitors in your club plus a judge. If your group is very large, consider 2 group exhibits. It’s okay to bring extra food for the sampling time.

**HOW TO EXHIBIT:**

4-Hers prepare an appetizer, entrée, dessert and a beverage relating to the theme of the day. They prepare the food prior to arriving and exhibit it as they would serve it to the number of exhibitors in their group plus a judge. Your table settings and decorations should demonstrate your theme as well. Remember your foods record sheet.
BE SURE TO BRING:
* recipes on cards (1 for each food exhibited). Include the ingredients and the preparation steps.
* completed menu
* Score sheet with the back filled in for the group
* the food and extra servings for others to sample
* table settings for the number of 4-H’ers in the group plus a judge

FOOD ART: This year we also want you to share your artistic skills by creating a theme related scene using food items. Participants can register as individuals for this part of the contest.

REGISTRATION: Please mail the enclosed form by January 10 email to marc.cournoyer@uconn.edu or fax to 774-9480. Names of participating 4-Hers are needed for certificates and name tags. Call 860-774-9600 if you have questions.

PARENTS AND LEADERS: Will be asked to sit back and enjoy each other’s company while the 4-Hers are being evaluated. Food exhibits will be evaluated while interviewing the 4-Hers.

WINDHAM COUNTY 4-H FOOD SHOW REGISTRATION
139 Wolf Den Rd., Brooklyn, CT 06234
marc.cournoyer@uconn.edu
Fax: 860-774-9480

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