

Calling all Cloverbuds & 4-H members in the Food & Nutrition project:

Please join us for the Bayfield County Junior Fair

2024 Foods Revue!

When: 10am, Saturday May 4th

Where: Iron River Community Center

Entries are due by April 15th

THEME: SUMMER KICK OFF



What is the Bayfield County Junior Fair Foods Revue?

All Cloverbuds and members in the Foods and Nutrition project are invited to participate in this fun and educational event. Foods Revue is a Bayfield County Junior Fair event that happens before the actual fair. It is judged face-to-face by a certified fair judge.

Who can take part in Foods Revue?

4-H Members grades 3-13 in the Food & Nutrition project can take part. This is also a special opportunity for Cloverbuds in grades K-2 to take part in a project related activity where they can gain practice following a recipe and using safe and sanitary kitchen practices. Non 4-H youth in a different recognized club are also welcome to participate.

What should I make?

Each year we select a theme for the revue. This year's theme is "Summer Kick-off"

Think about your favorite summer recipe or a recipe that you might bring to a summer celebration. Choose something that will show off your current skills, something that will push you to become a better cook, but that is still something that you know you have the skills and time to make.

Some things to consider when planning your entry:

- Is your recipe healthy? Remember that there are ways to take a recipe you find and modify it to be healthier. There is nothing wrong with fat, but think about how much added sugar, unhealthy fats, and processed foods are in your recipe and try to limit them.
- Think about and plan how you will prepare and serve your recipe in a safe and sanitary way.
- Will your recipe be attractive when displayed? If your recipe is just one or two colors, consider using a colorful table setting to make things look more appealing.

Planning and Preparation

1. Find a recipe and practice making it ahead of time to make sure it turns out.
2. Plan the table service needed to attractively serve the food. Include dishes, silverware or other utensils, table linen or placemat, and a centerpiece.

At The Foods Revue

The day of the revue you will prepare the food at home, then take the food to where the revue will be held, along with the table service and a card with the recipe & ingredients list.

Set up your display at the Foods Revue. Table space will be provided for each exhibitor.

Be prepared to talk with the judge and answer questions about the nutritional value of the food and why you selected it. Also be prepared to talk with the judge about how you prepared the food in a sanitary and healthy way, and your choice of table service.

Foods Revue Entry Form

Please submit all entry forms to the 4-H Office by April 15th!

Ways to sign up:

1. Mail this form to:
4-H Office
PO Box 218
Washburn, WI 54891

2. Email Kaylie.Lukas@wisc.edu
and include the same
information on this form.

3. Call the 4-H Office at 715-373-3287 and leave a voicemail that includes all the information requested on this form.

Premiums provided for each Lot # as follows:

1st- \$3 2nd:\$2.75 3rd:\$2.50 4th: \$2.25

Lot #'s For Foods Revue

1. Grades 3-5
2. Grades 6-8
3. Grades 9-13
4. Grades K-2 (Cloverbuds)

Foods Revue Rules

1. Anyone entering must be a 4-H member or in a fair recognized junior organization.
2. You must be in Grades K-13 to enter.
3. 4-H members in the 3rd grade and up should be enrolled in the Food & Nutrition project.
4. 1 entry per person
5. Items entered must be prepared by the individual entering them.
6. All exhibits should include a table setting with:
 - Dishes
 - Utensils
 - Table linen or placemat
 - Centerpiece
7. All exhibits must include a card or paper with:
 - Name
 - Grade
 - Recipe title
 - Ingredients & amounts
 - Recipe (How you prepared it)

Name: _____ Club: _____

Grade: _____ Title of Your Recipe: _____

Name: _____ Club: _____

Grade: _____ Title of Your Recipe: _____

Name: _____ Club: _____

Grade: _____ Title of Your Recipe: _____

More Info and Ideas on The 4-H Foods & Nutrition Project

Bayfield County Food & Nutrition Project Leaders

Gitche Gume: Bill Tuura

Whispering Pines: Macy Nieder

Pine Creek: Agnes Farkas & Kathy Huybrecht

Grow in Your Project

Starting Out

- Learn how MyPlate can help guide your eating choices.
- Understand how to keep your food safe.
- Know basic kitchen safety.
- Learn measuring basics.
- Understand how to follow a recipe.
- Develop basic cooking "how to" skills.
- Use your skills to make simple recipes.

Learning More

- Learn the science behind food safety.
- Learn fire safety in the kitchen.
- Develop knife skills.
- Learn different mixing techniques.
- Identify different cooking techniques.
- Understand nutrition labels.
- Use your knowledge of food groups to create different recipes.

Going Further

- Know the conditions that bacteria need to grow.
- Explore outdoor cooking.
- Plan a party.
- Learn about cooking with a slow cooker.
- Experiment with kneading.
- Learn troubleshooting techniques when experiencing unexpected results.
- Cook with spices and herbs.
- Prepare celebration meals.

Resources for All Three Levels

- 01512Y 4-H Cooking 101*
- 01513Y 4-H Cooking 201*
- 01514Y 4-H Cooking 301*
- 01515Y 4-H Cooking 401*
- 01516Y Cooking Helper's Guide*

Take Your Project Further!

- Track eating habits and physical activity in a journal. Review entries and set a goal that will help make a small improvement in how youth eat or exercise.
- Experiment with different recipes, modify recipes to reduce the fat, sugar or sodium content.
- Visit several grocery stores and compare the cost of similar foods.
- Learn how to make a weekly meal plan and grocery list.
- Volunteer at a food pantry, research recipes to share based on high volume foods.
- Bake with elderly at a care center or with children at a daycare.
- Volunteer to prepare a family meal each week.
- Organize a food drive in your community.

Applying Project Skills to Life

Enhance Your Communication Skills

- Teach friends how to make healthy snacks.
- Tell your family about the importance of eating a variety of foods from all the food groups.
- Design a poster about kitchen safety.

Get Involved in Citizenship and Service

- Create an exhibit featuring a nutrition topic for a health fair or community event.
- Cook foods from diverse cultures to develop a better understanding and appreciation for cultures different than your own.

- Volunteer to cook a meal at a community food kitchen, low income housing site, or for a local family in need.

Learn about Leadership

- Plan and help prepare a healthy snack for a community club meeting.
- Plan and cater a countywide 4-H event or fundraiser.
- Organize an "Iron Chef" competition featuring activities, cooking lessons and exhibits.