



# Wyoming 4-H Food Cook Off

## Framework for Food Cook Off



### Eligibility/Rules:

1. Jr/Intermediate age division 8-13 years of age by January 1 of current year  
Sr age division 14-18 years of age by January 1 of current year
2. An individual can only enter on one team.
3. Teams consist of 2-4 members from the same age division.
4. Each team must supply their own equipment for the contest. Allowed equipment is listed ~ not all is required, **nothing can be added**. Equipment will be checked in and unapproved items will be removed.
5. Teams are allowed to use: (1) electric skillet and/or (1) single and/or (1) double hot plate and/or Rice/Vegetable cooker. Only 2 heating items allowed. No oven or microwave will be allowed.
6. Each team should dress appropriately for the preparation of food (no full or draping sleeves; closed-toe shoes only; hair appropriately restrained, etc) Each team can coordinate clothing, aprons, etc.
7. Teams will bring all ingredients needed, except the meat source. All ingredients will be prepared during the contest ~ no pre cut, pre measured, or pre cooked food/ingredients allowed.
8. First place Senior Team is eligible for a state learning opportunity with master chefs (TBD) or trip to National Food Cook Off in Texas if available and warranted.
9. No communication with coaches or parents during contest or team will be disqualified. Questions can be directed to Food Cook Off Coordinators.



EXTENSION

Contact Gretty at 307-568-4160

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## Contest Procedures:

### Senior Team Responsibilities:

Bring tote with supplies and ALL ingredients  
(excluding meat)

Create an entrée using : **Peaches** (any form)

Mystery Ingredient will be supplied by the committee.

Prepare entree, plan presentation, determine cost  
of dish and clean up assigned area in 1 hour.

Teams will be evaluated on team work, food safety,  
skills, in addition to a 5 minute interview judging

Interview Judging Presentation should include:

Knowledge of My Plate, Nutrition Knowledge,  
Chronic Disease Prevention, Food Preparation,  
Safety Concerns, and Practices, Recommended  
Serving Size, Information, and Cost Analysis of the  
Entree.

Appearance, Creativity, Effective Communication  
and Team Work will be scored.

Dessert or salad plate size is recommended for  
presenting.



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## Contest Procedures Continued:

Senior Team Responsibilities:

Resources available during contest: (no cell phones)

Choose My Plate ~ 10 Tips to a Great Plate

Fight Bac ~ Fight Foodborne Bacteria Brochure

Nutrient Needs at a Glance

Plain, white paper

Grocery Receipts (bring your own)

\*\*\*\*Reminder there will be limited sinks available, bring totes for dirty dishes and NO WASHING DISHES in the restrooms.



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## Contest Procedures:

### Junior/Intermediate Team Responsibilities:

Bring tote with supplies and ALL ingredients (excluding meat)  
Teams will choose a recipe and send by June 1.  
Recipes will be put in a hat and reassigned via  
facebook live draw June 5 at noon.

### NO LATE ENTRIES

A mystery ingredient will be provided.

Teams may alter, add, or substitute ingredients (not  
required)

Prepare entree, plan presentation, determine cost of dish  
and clean up assigned area in 1 hour.

Teams will be evaluated on team work, food safety, skills,  
in addition to a 5 minute interview judging.

Appearance, Creativity, Effective Communication  
and Team Work will be scored.

Dessert or salad plate is recommended for presenting.



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## Contest Procedures Continued:

### Junior/Intermediate Team Responsibilities:

Interview Judging Presentation should include:  
Knowledge of My Plate, Nutrition Knowledge,  
Chronic Disease Prevention, Food Preparation,  
Safety Concerns, and Practices, Serving Size  
Information, and Cost Analysis of the Entree.

Appearance, Creativity, Effective Communication  
and Team Work will be scored as well.

Resources available during contest: (no cell phones)  
Choose My Plate ~ 10 Tips to a Great Plate  
Fight Bac ~ Fight Foodborne Bacteria  
Brochure, Nutrient Needs at a Glance  
Plain white paper  
Grocery Receipts (Bring your own)

\*\*\*\*Reminder there will be limited sinks available, bring totes  
for dirty dishes and **NO WASHING DISHES in the  
restrooms.**



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## Tips for Success:

Practice Practice Practice ~ ask for guidance: 4-H Educator, local chefs, or 4-H Leaders

Participate in Mock Cook Off Contests ~ county and/or area

Utilize ALL Team Members: planning, washing, chopping, cooking, preparing interview presentation information, communicate with each other, cleaning area ~ be a TEAM

Make a PLAN: delegate

Double Check Equipment Tote ~ practice cooking with Electric Skillet and hot plate burner practice using the can opener, grater, food thermometer, etc

Options: TEAM matching aprons, shirts, chef hats

Be Creative ~ Have FUN!

## State 4-H Office/Committee Responsibilities:

Provide table for team to participate

Provide Power Strips and Extension Cords

Provide Mystery Ingredient for Senior and Junior Teams

Provide judges: for observing food prep and for presentation of entrée



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# Wyoming 4-H Food Cook Off



## Senior Supply List



Each team will bring an equipment tote containing **ONLY ONE** each of the following items, unless noted:

Beverage Glass	Measuring Spoons (2 Set)
Bowls: Dip Size (1)	Non-stick Cooking Spray
Mixing (2)	Note Cards (3x5)
Serving (2)	Paper Towels (1 Roll)
Calculator	Pancake Turner
Can Opener	Pencils (No Limit)
Cookie Sheet	Plastic Box and Trash Bags for Dirty Equipment
Colander	2 Pots with Lids
Cutting Board (3)	Potato Masher
Disposable Tasting Spoons	Sanitizing Wipes (1 Container)
Dry Measuring Cups (1 Set)	Potato Peeler
Electric Skillet	Dinner Serving Plates (2)
Extension Cord	Serving Utensils
Food Thermometer	Skewers (1 Set)
Forks (2)	Spatulas (2)
Gloves	Stirring Spoons (6)
Liquid Measuring Cup (2 Cup Size)	Storage Bags (1 Box)
Hand Sanitizer	Tongs
Hot Pads (up to 5)	Two Single-Burner Hot Plates OR one Double-Burner Plate (Electric)
Kitchen Shears (1 Pair)	Whisk
Kitchen Timer	Zester/Grater
Knives (4)	
Rice/Vegetable Cooker	



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## Junior/Intermediate Supply List



**Bring only what is needed for recipes**

Each team will bring an equipment tote containing **ONLY ONE** each of the following items, unless noted:

Beverage Glass	Measuring Spoons (2 Set)
Bowls: Dip Size (1)	Non-stick Cooking Spray
Mixing (2)	Note Cards (3x5)
Serving (2)	Paper Towels (1 Roll)
Calculator	Pancake Turner
Can Opener	Pencils (No Limit)
Silverware Knives (2)	Plastic Box and Trash Bags for Dirty Equipment
Colander	2 Pots with Lids
Cutting Board (3)	Potato Masher
Disposable Tasting Spoons	Sanitizing Wipes (1 Container)
Dry Measuring Cups (1 Set)	Potato Peeler
Electric Skillet	Serving Plates (2)
Extension Cord	Serving Utensils
Food Thermometer	Skewers (1 Set)
Forks (2)	Spatulas (2)
Gloves	Stirring Spoons (6)
Liquid Measuring Cup (2 Cup Size)	Storage Bags (1 Box)
Hand Sanitizer	Tongs
Hot Pads (up to 5)	Two Single-Burner Hot Plates OR one Double-Burner Plate
Kitchen Shears (1 Pair)	Whisk
Kitchen Timer (Electric)	Zester/Grater
Knives (4)	Rice/Vegetable Cooker
Hand Chopper	



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