



# FOOD & NUTRITION PROJECT

## Info. Night

### FOOD & NUTRITION INFORMATION NIGHT

**Thursday, September 18, 2025**  
6:00 PM

Palo Pinto County Extension Office

Please RSVP to 940-659-1228

Join us to Learn More About Food &  
Nutrition project opportunities  
and resources.

We will also share tips for preparing  
your 4-H'ers for contests.

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## CONTEST GUIDELINES

### COMING SOON

Food Show & Food Challenge  
Guidelines are available at



<https://agriflifeextension.tamu.edu/counties/palo-pinto-county/>

## Workshops

### KNIFE SKILLS & KITCHEN SAFETY WORKSHOP FOR 4-H MEMBERS

#### Select 1 Session

**Thursday, October 2, 2025**  
5:30 PM - 7:00 PM

or

**Saturday, October 4, 2025**  
10 AM - 11:30 AM

To be held at the  
Palo Pinto County Extension Office  
221 S. 5th Ave., Palo Pinto, TX

Pre-registration by September 25th  
Required by  
Calling 940.659.1228

Must be a currently enrolled 4-H  
Member to Participate

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### FOOD CHALLENGE PRACTICES

If you would like to schedule,  
Lynette Babcock to lead a practice  
with your team or team(s), please  
contact her at  
940-659-1228 or  
[lynette.babcock@ag.tamu.edu](mailto:lynette.babcock@ag.tamu.edu)

## Food Challenge

### CONTEST DESCRIPTION

Compete as a team of  
3 - 4 members.

Prepare a dish together from secret  
ingredients  
provided at the contest.

Give a group presentation &  
interview with judges.

### AGE DIVISIONS

Junior (grades 3-5)  
Intermediate (grades 6-8)  
Senior (grades 9-12)

### CATEGORIES

At the county contest, all teams in an age  
division are given the same ingredients.

Teams will be asked to prepare a dish  
that fits in one  
of four categories  
(Appetizer, Main Dish, Side Dish or Healthy  
Desserts).

### COUNTY CONTEST DATE

Sunday, October 19, 2025

### ENTRY DEADLINE

Monday, October 6, 2025

## Food Show

### CONTEST DESCRIPTION

Compete as an individual.  
Bring dish that has been  
prepared at home.

Presentation & Interview  
with judges - All Ages  
Skills Test & Quiz - Seniors

### CONTEST THEME

Food Truck Favorites...From gourmet  
tacos to sizzling stir-fries and  
mouthwatering health inspired desserts,  
food trucks bring bold flavors and  
innovative dishes to the streets—  
now it's your turn to bring that  
energy to the kitchen!

### AGE DIVISIONS

Junior (grades 3-5)  
Intermediate (grades 6-8)  
Senior grades (9-12)

### CATEGORIES

(Choose one)  
Appetizer  
Main Dish  
Side Dish  
Healthy Dessert

### COUNTY CONTEST DATE

Thursday, October 23, 2025

### ENTRY DEADLINE

Wednesday, October 15, 2025