



FOOD & NUTRITION PROJECT KAUFMAN COUNTY

INFO NIGHT

FOOD & NUTRITION INFORMATION NIGHT

Wednesday

April 15, 2026

6:00 - 7:00 PM

Kaufman County Ext. Office
2471 N State Hwy 34, Kaufman
Pre-register by April 10, 2026

Contact Sarah:

sarah.matranga@ag.tamu.edu
469-376-4520

Join us to learn more about food & nutrition project opportunities & resources. We will also share tips to help your 4-H'ers get contest-ready!

CONTEST GUIDELINES

2026 Food Show & Food Challenge
Guidelines are available at:
texas4-h.tamu.edu/projects/food-nutrition/

WORKSHOPS

KITCHEN SKILLS WORKSHOPS FOR 4-H MEMBERS

Select 2 Sessions

Saturday, May 30, 2026
10:00 - 11:30AM

◆◆
Thursday, June 11, 2026
5:30 - 7:00 PM

◆◆
Wednesday, June 17, 2026
5:00 - 6:00 PM

◆◆
Wednesday, July 15, 2026
5:30 - 7:00 PM

◆◆
Saturday, August 1, 2026
10:00 - 11:30 AM

Workshop Location:
Kaufman County Ext. Office

Contact Sarah:

sarah.matranga@ag.tamu.edu
469-376-4520

**MUST BE A CURRENTLY ENROLLED
4-H MEMBER TO PARTICIPATE**

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.

**MUST BE A CURRENTLY ENROLLED
4-H MEMBER TO PARTICIPATE**

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 ◆ Healthy Dessert

FOOD CHALLENGE PRACTICES:

To schedule a practice, contact Sarah. She's available Monday-Friday before 7 PM for individual or team sessions.

FOOD SHOW

CONTEST DESCRIPTION

Compete as an individual. Bring a dish that has been prepared at home. Presentation & Interview (with judges):
All ages.

Skills Test & Quiz: Seniors
**MUST BE A CURRENTLY ENROLLED
4-H MEMBER TO PARTICIPATE**

AGE DIVISIONS

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

CONTEST THEME

Food Truck Favorites. Think tacos, stir-fries, and crave-worthy, better-for-you sweets—big flavor made fast. Bring that street-food spark to your kitchen.

CATEGORIES – Choose One

◆ Appetizer ◆ Main Dish
◆ Side Dish ◆ Healthy Dessert

COUNTY CONTEST INFO

*DATE PENDING – 2026
Food Show/Food Challenge
Kaufman County