2026-2027 Medina County 4-H Food Challenge

Contest Date: October 22, 2026

IMPORTANT DATE TO REMEMBER: Friday, October 9, 2026, is the deadline to enter. **If you know you will have a team, please turn the team information sheet in before October 9th.

The number of teams per age category will determine whether we hold a county contest. We can send two teams per age category to the District 10 Contest. If we have one to two teams in an age category, they will automatically advance to the District contest and we will not have a county contest for that age division unless requested.

There is a fee of $20 per team that needs to be turned in when entry forms are submitted.

You MUST be enrolled in 4-H by the entry deadline. School excuses must be turned in early and we cannot get excused absences for anyone not enrolled.

County Contest: October 22, 2026

District Registration: October 1-27, 2026, $20 per contestant

District Contest: December 3, 2026

Schedule and times will be announced shortly. Food Show will be in the morning followed by Food Challenge.

CONTEST STRUCTURE:

Team:

1. **Teams may consist of 3-4 youth in the same age division.**
    a. An exception to the age division is that juniors may move up to compete with an intermediate team, but intermediates or seniors may not move up or down to a different age division.

2. **Teams must be declared in advance by the County agent on 4-H Online.**
    a. A substitution may be made if someone decides not to go or is ineligible.

Contest Rules:

1. The Food Challenge will follow the District 10 & State 4-H Food Challenge Rules and Guidelines unless otherwise stated in these rules.

a. State Rule and Guidelines, scorecards and additional resources can be found at: https://texas4-h.tamu.edu/projects/food-nutrition/

2. There will be four food categories in each age division
    a. Appetizers
    b. Main Dish
    c. Side Dish
    d. Healthy Desserts
3. Parents and coaches are not allowed in the building during the Food Challenge contest.

Teams will be randomly assigned to a category, but assignments will not be announced until the start of the contest.

4. Teams must provide their own supply box of equipment and other items listed on the supply list in the Food Challenge Manual. See attached. There are three different ones based on age division.
    a. Teams may have an empty tub for dirty dishes on top of their equipment box
        i. Supply List is up to leaders discretion on what they want to allow in box
    b. Teams may have 1lb. of flour **OR** cornstarch in their pantry.

5. Teams may NOT SHARE supply boxes or supplies during the contest under any circumstances.

6. Teams will have 40 minutes to prepare the dish, plan a presentation and clean up their prep area.

7. Teams MUST use the key ingredient to create a dish in their assigned category.

8. NEW!! Contest officials may include an additional contest challenge during the prep phase. This can consist of teams using an additional key ingredient, a specific kitchen gadget/equipment or performing a specific task. (may not be for all age categories)

9. Teams will be provided the following items at the contest:
    a. Notebook with the printed resources (reference food challenge manual)

b. **Juniors** – will receive 1-3 ingredients with assigned category, nutritional information, and coupons to receive items from the grocery store.
c. **Intermediates** – will receive a sheet with an assigned category, one "key" food item, and coupons to receive items from the grocery store.
d. **Seniors** – will receive a sheet with an assigned category, one "key" food item, and coupons to receive items from the grocery store.

***Supply Boxes**: Boxes must be completely closed, and all equipment should remain inside the box until the start of the contest. Supply boxes are limited to the following dimensions: 40" x 24" X 40". If box is on wheels, the height of the wheels is not included in the dimensions. The contest committee may measure any and/or all boxes to determine compliance to size. If boxes are out of compliance, teams may be disqualified.

10. Contest Materials: Each team will be provided with a set of printed resources. No other resources will be allowed. Teams may not use their personal copies of the resources during the contest.
11. NEW!! We will no longer be using MyPlate and will now use Dietary Guidelines for Americans.
    a. Functions of Ingredients and Principles of Food Science Fact Sheet
    b. Know Your Nutrients Guide
    c. Dietary Guidelines for Americans
    d. Fight BAC! Food Safety Brochure
    e. Kitchen and Food Safety Fact Sheet