Schleicher County Food Show

When: Tuesday, November 10th, 2026
Time:
Knowledge Showcase: 5:45pm
Interviews: 6:00pm
Where: TBA

Age Divisions:
Clover Kids (Kindergarten-2nd Grade) - All kids must be enrolled in 4-H Online
Junior (3rd Grade-5th Grade)
Intermediate (6th Grade-8th Grade)
Senior (9th Grade-12th Grade)

Categories:

Appetizer-Traditionally an appetizer is a small dish or food that is eaten prior to the main course. When selecting recipes for this category, contestants should consider foods that are lower in fat, sodium, and calories to not ruin one's appetite.

Main Dish-The main dish is usually the heaviest, heartiest, and most substantial dish in a meal. In a meal consisting of several courses, the main dish is served during the main course and is the featured dish of the meal. The key ingredient is usually meat or another protein food, but they may contain other foods.

Side Dish-Side dishes are foods that are usually served along with a main dish or as accompaniments to the main course. Suggested dishes may include salads, cooked vegetables, cooked fruit, pasta or rice dishes, and/or combination vegetable dishes.

Healthy Dessert-Healthy can still mean delicious when it comes to desserts. Dishes in this category should be served at the end of the meal or for special occasions. Contestants should modify traditional recipes with healthy substitutions and consider MyPlate and Dietary Guidelines when selecting recipes for this category.

No alcohol or ingredients containing alcohol can be used in recipes! Extract flavorings acceptable.

Theme: Food Truck Favorites. Get ready to fire up your creativity and cooking skills for the Texas 4-H Roundup Food Show, featuring the exciting 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! Participants will showcase their culinary talents by preparing dishes inspired by popular food truck fare. Whether it's a globally inspired street food dish, a classic American favorite with a twist, or a fusion creation all your own, this competition challenges 4-H members to explore diverse flavors, unique ingredients, and creative presentation. Keep in mind the 60 minute oven time when selecting your recipe!

Seniors should choose recipes that can be prepared within 2 hours in the case they move on to district and then state.

****Recipes entered in last years food show CANNOT be entered in this year's food show. ****

County Rules and Guidelines:

Each participant is to bring their full recipe to be judged. Each participant will be interviewed and be asked to serve one serving to the judges after their interview. Paper goods will be provided, but it's the participants responsibility to bring a serving utensil. You may bring your dish on whatever serving dish you would like; it does not have to be on a

disposable plate/bowl. **Garnishes must be edible**. No usage of ovens, microwaves, or the like will be available to use. No preparation will be allowed on site.

Presentation, Interview, & Serving:

Juniors and Intermediates will have five (5) minutes to give an oral presentation using the information on the score sheet as a guide. Juniors and Intermediates need to be prepared for questions that could be asked by the judges following the presentation. Seniors will have five (5) minutes for their presentation and four (4) minutes for their interview. After the interview time, 4-Her's will then serve one (1) serving of their dish to the judges.

Skill Showcase:

Following the serving of their dish, 4-Her's will participate in skills showcase in front of the judges that will be scored. The skill will not be announced ahead of time, but the time limit for the skills showcase will be announced upon arrival. All equipment and tools for the skills showcase will be provided. The skill will be appropriate for the age division. Skills could be, but are not limited to:

- Knife skills
- Demonstrating how to measure ingredients
- Meal Planning
- Kitchen Gadget Skills

Knowledge Showcase:

Members will take a 10-question quiz comprising of multiple choice and true/false questions. These questions will relate to basic nutrition, MyPlate, food safety, healthy lifestyles ect. Questions will come from the following resources:

Nutrition Resources	Theme Resources
Quick Ingredient Substitutions	Texas Department of State Health Services Mobile Food Units: How to Mobilize Your Food Operation Under DSHS
FightBac	
Food Safety Fact Sheet	
Know Your Nutrients	
Dietary Guidelines for Americans: Key Points for Healthy Living	
Function of Ingredients and Principles of Food Science Fact Sheet	

Links to each of these resources will be posted on the county webpage. Questions will be age appropriate. 4-Her's will complete the quiz at the same time before interviews start. Pencils will be provided.

Awards And Scoring:

Each of the 3 parts will be scored and added together to come up with a total score. Placings are based on total score for each 4-H member and are final. An estimated time for awards will be communicated once registration has closed.

Registration and Recipe Submission:

You will register and submit your recipe on the Runnels County Extension Website or by bringing registration in to the Extension Office. Please follow the instructions on how to register for the County Food Show. There is no entry fee for the County Food Show.

Entries should be recieved no later than NOVEMBER 2nd.

If you have any questions, need help in choosing a recipe, or other tips on how to prep for contest, please contact: Tamra (tamra.kott@ag.tamu.edu) or call the office (325-853-2132).