



Fall Fest 2021 [Virtual Edition]



Entries Due Monday, November 30th at Midnight to ngerard@agcenter.lsu.edu
When you submit an entry, make sure to include 4-H member name, grade, and contest/division.

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4-H Fall Fest is the first big contest day of the school year! This year, some events will still be held virtually and some will have an in-person component! Because of the modified formats, some event submissions will have different due dates. Please pay close attention to the rules. Fall Fest includes a wide variety of contests, there is something for everyone!

General Rules

1. All rules listed here must be followed for proper entry.
2. All contests are open to all 4-H members in Lafayette Parish. 4-H'ers will be allowed to enter any/all contests as time permits. However, a 4-H member cannot enter twice into the same division of a contest. For example, a member could enter a rice and a seafood dish, but not two rice dishes.
3. For the Poster Contest, Bicycle Safety PSA, and Best Dressed Pet Contest, 4-H'ers will be divided into three divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).
4. Dog Show and Pet Show animals will be assigned to specific classes and all 4-H'ers will compete against one another within these classes.
5. Have an adult supervise in any cooking or craft activities.

Contest Specific Rules

Cookery Contests- November 23rd Sts. Peter and Paul Catholic School **1301 Old Spanish Trail, Scott, LA 70583**

The 2021 Fall Fest cookery contest will be conducted as a drop-off event for judging. In an effort to give contestants feedback on their recipes and enable them to compete on a more level playing field in the area cookery contest (which is being planned to be in-person). Contestants will drop-off all entries in the front of **Sts. Peter and Paul Catholic School** and complete the check-in process from **9-9:30 AM on Tuesday, November 23, 2021**. Entries will then be transported by event staff to the judging area for evaluations to be conducted. Contestants will not remain on campus during judging. Results will be announced at the conclusion of all Fall Fest contest activities in the December Hotline. All dishes must adhere to the rules for the category they are being entered for judging. Dishes will be judged on use of commodity ingredient, taste, appearance, and recipe format. Recipes must accompany all entries submitted!

*All dishes must be chilled prior to arrival and arrive at registration in an ice chest with ice/ice packs. All dishes must pass an ice chest inspection before official can take entry. Your dish will be disqualified if it is not completely cold and packed on ice in an insulated ice chest at the time of inspections. **NO EXCEPTIONS!***

You must provide a copy of the recipe include the name of the recipe (recipe should not have the 4-H'ers name on it).

NOTE: Use normal-sized serving dishes (**DISPOSABLE ONLY**). Do not exceed **18 inches**. This is to be sure there is enough space for everyone. Serving utensils will not be allowed. These will be provided to the judges by the agents.

Microwaves will be available for judges to heat samples before tasting dishes. Please indicate if dish needs to be heated prior to judging.

*All exhibits will be disposed of for food safety reasons. No exhibits will be returned, so please use disposable dishes for exhibits. For this reason, the entire dish will not be required for the contest. **A sample of 3-4 servings (in one dish) is requested for judging, except for sugar cookery dishes only, in which you may opt to bring the entire dish if decoration is emphasized.**

Rice Cookery Contest

- a. Contestants must prepare 3-4 servings of a selected **rice** dish, containing at least 1 cup of cooked rice.
 - i. *wild rice is not a cultivated rice in Louisiana and does not meet the requirement of 1 cup rice for this contest. Dishes containing rice products such as rice cereal, rice flour, etc. must also contain cooked rice.
- b. The entry must be in one of the following categories:
 - i. Rice Main Dish
 - ii. Rice Side Dish
 - iii. Rice Dessert

Seafood Cookery Contest

- a. Contestant must prepare 3-4 servings of a selected **seafood** dish.
- b. The dish must use at least one cup of seafood. The seafood must be fresh, frozen, pasteurized, or dried (canned seafood will not be accepted).
- c. Surimi, an artificial crab made from fish, cannot be used.
- d. There can be no raw seafood in the final dish.
- e. The contest will be divided into five categories:
 - i. Oyster
 - ii. Crab
 - iii. Shrimp
 - iv. Fish and other seafood (must be species from Louisiana)
 - v. Crawfish

Beef Cookery Contest

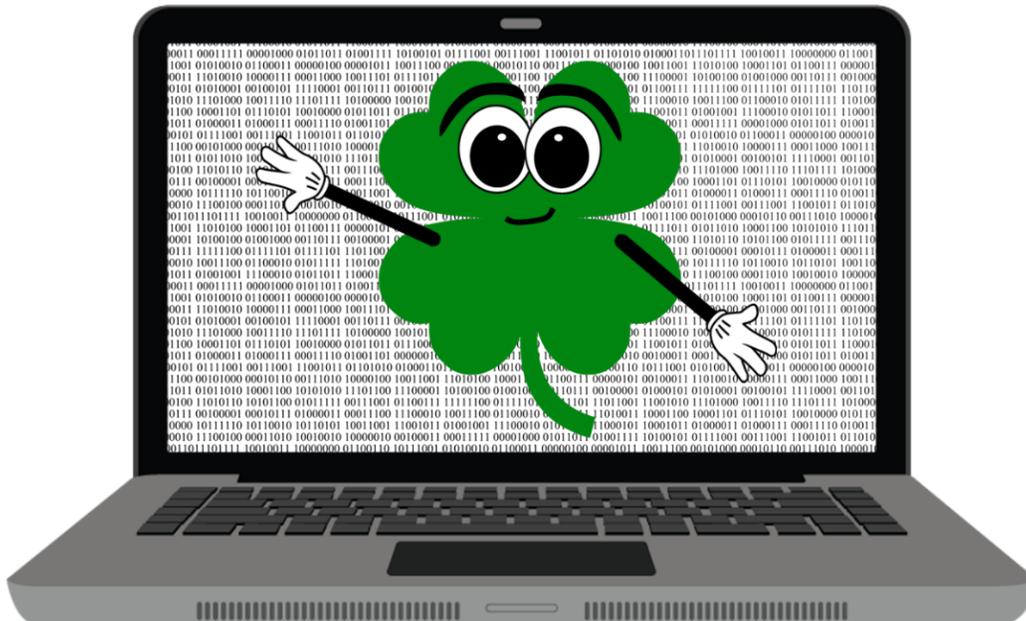
- a. Contestant must prepare 3-4 servings of a selected **ground beef** dish.
- b. A minimum of 1 pound of ground beef must be used.
- c. The entry must be in one of the following categories:
 - i. Low-Calorie Main Dish - a dish which provides less than 300 calories per serving. Number of calories are to be stated on recipe. Use calories and weight, the USDA Pocket Guide, or other online recipe analyzer.
 - ii. Quick & Easy Main Dish - a dish that is ready to serve in less than one hour. The time for each step and for cooking or baking must be stated on recipe.
 - iii. One-Dish Meal - a dish that provides foods from at least three of the five main food groups from "My Plate". Foods and food groups must be stated on recipe.

Sugar Cookery Contest

- a. Contestant must prepare 3-4 servings of a selected dish. This recipe must contain at least (1) cup of sugar.
- b. There can be NO raw eggs in the final product.
- c. The entry must be in one of the following divisions:
 - i. Baked Items – breads, cakes, pies, cookies and brownies.
 - ii. Other Desserts - candies, icebox pies, and ice cream, etc. No part of the dessert can be baked. This category does not include jam, jellies and preserves.

Bento

- a. Contestant must prepare 1 serving of a healthy box or Bento lunch box. It should be representative of “MyPlate” recommendations found at www.myplate.gov. The target age group is for students ages 9-12.
- b. Each Healthy Box or “Bento” Lunch should be packed in a portable, lock-top, and leak proof container.
- c. Non-edible items are not to be used as garnish.



Virtual Event Contests- November 30th deadline for entries to be emailed to Mrs. Nicole at ngerard@agcenter.lsu.edu

4-H Poster Contest

This contest entry will be submitted as a photo (of the poster). The theme for the poster contest this year is ‘Food Science’. Some poster topics may include healthy food preparation, creating healthy meals, and careers in food science. **Poster must be a full-size poster board of any color (no foam board, science fair boards, or ½ size posters); must not have anything attached or glued to the poster which is over ½ inch in height; no glitter.**

4-H'ers will be divided into 3 divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).

An Overall Champion Poster will be selected which encompasses a general **Food Science** theme and promotes 4-H as well. This winner will be asked to use the theme from this poster to set up the stage display at 4-H Achievement Day this Spring. The winner may recruit family and fellow club members to assist with the stage set-up.

Bicycle Safety Public Safety Announcement (PSA)

This contest entry will be submitted as a video (of the PSA). Typically, we have a bicycle rodeo each year at Fall Fest. In order to accommodate to a virtual format, we are hosting a bicycle safety PSA contest.

4-H'ers will be divided into 3 divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).

This is a video contest, the video should feature the 4-H member demonstrating an aspect of bicycle safety and should be at least 30 seconds long but under 2 minutes long. Aspects of bicycle safety might include but are not limited to: wearing safety equipment (helmet, elbow pads, knee pads), hand signals, reflective gear, laws concerning riding a bike, etc.

*winners will have a chance to be featured in the Acadiana Youth Bike Safety PSA

Commodity Ambassador Program

This contest entry will be submitted as a video (of the demonstration). Each participant must present a demonstration on the preparation of an affordable, nutritious dish showcasing one of the following commodities: chicken, turkey, eggs, beef, seafood, sugar, sweet potatoes, or rice.

The demonstration should include information regarding the chosen commodity including but not limited to:

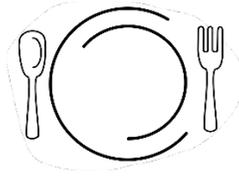
- Steps in preparation of a dish utilizing the selected commodity.
- Information on nutritional value, preparation and storage, food safety, product quality, product versatility, and economic benefit of cooking with the commodity.

4-H'ers will be divided into 3 divisions for competition. Division 1 (4-6 grades), Division 2 (7-9 grades), and Division 3 (10-12 grades).

Division I – (Grades 4-6) Contestant designs (a) standard poster 22" X 28" relating to one of five categories listed above; (b) presents a 3-5 minute explanation of poster subject. Costumes based on the theme are acceptable.

Division II – (Grades 7-9) Contestant designs (a) standard poster 22" X 28" relating to one of the five categories listed above; (b) presents a 5-8 minute explanation of subject. Costumes based on the theme are acceptable.

Division III – (Grades 10-12) Contestant designs (a) standard poster 22” X 28” relating to one of the five categories listed above; (b) presents an 8-10 minute illustrated talk. Costumes based on the theme are acceptable. Beef, turkey, and chicken will require a BBQ portion of the contest in addition to the oral speech portion.



Chicken Ambassador Demonstration

Present a demonstration on an affordable, nutritious chicken dish.

Turkey Ambassador Demonstration

Present a demonstration on an affordable, nutritious turkey dish.

Egg Ambassador Demonstration

Present a demonstration on an affordable, nutritious egg dish.

Beef Ambassador Demonstration

Present a demonstration on an affordable, nutritious beef dish.

Seafood Ambassador Demonstration

Present a demonstration on an affordable, nutritious seafood dish.

Louisiana Crop Ambassador Demonstration

Present a demonstration on an affordable, nutritious sugar, sweet potato, or rice dish.

Dog Show

This contest entry will be submitted as two photos (one of the front profile of the dog, one of the side profile of the dog).

There will be three classes of dogs, broken out by size. Large Breeds (60+ pounds), Medium Breeds (31 to 59 pounds), and Small Breeds (under 30 pounds). Puppies will be classed on their future size. Each dog will be judged on breed confirmation, grooming, and cleanliness. Exhibitors will not be allowed to enter more than one dog per class.



Pet Show

This contest entry will be submitted as two photos (one of the front profile of the pet, one of the side profile of the pet). This contest will include all household pets that are not dogs. **Farm and captive wild animals are not allowed.** Exhibitors will not be allowed to enter more than one animal per class. Classes will be divided as follows:

- a. Cat- long hair
- b. Cat- short hair
- c. Birds- will include all feathered animals
- d. Marine- will include fish, shellfish, reptiles, and amphibians
- e. Miscellaneous- any pet not fitting into one of the previous categories

Cats will be judged on grooming, cleanliness, and confirmation. The criteria for judging all other classes will be based on the variation of entries within each class.

Best Dressed Pet Show

This contest entry will be submitted as two photos (one of the front profile of the pet, one of the side profile of the pet). Any household pet (dog, cat, bird, marine, miscellaneous) are eligible to compete in the best dressed pet show. **Farm and captive wild animals are not allowed.**

4-H'ers will be divided into 3 divisions for competition. Elementary (4-6 grades), Junior (7-8 grades) and Senior (9-12 grades).

This contest will be judged on final costume appearance and creativity.