

2022 Food Fair

1:00 AM – 4:30 PM, Wednesday, July 20, 2022

Delaware County Fairgrounds
Ag Center Jr. Fair Exhibit Area

What is Food Fair?

Food Fair is during Summer Judging and the day food & nutrition projects are judged. This judging day is when Delaware County Junior Fair awards and Ohio State Fair representatives are determined.

Should I attend Summer Judging or get judged the closer to Delaware County Fair?

If you are interested in competition for awards, you should attend Summer Judging. Ohio State Fair representatives and top awards for Delaware County Junior Fair are determined that day.

If you are not interested in the competitive project events, you can attend judging on Saturday, September 10th. The requirements for what to bring are the same, and either judging will qualify you for the Baked Goods Auction.

How to I register for Food Fair?

Sign up for a specific time for your project level (Beginner, Intermediate, or Advanced) through Sign Up Genius. Sign up is open July 1st to July 18th. Time slots start every 10 minutes from 1:00 PM to 4:30 PM. Plan on about 1 hour for judging.

Links and Details for Sign up on <https://go.osu.edu/dc4hsummerjudging>

Beginning Level Projects

Let's Start Cooking
Everyday Food & Fitness
Snack Attack
Take a Break for Breakfast

Intermediate Level Projects

Let's Bake Quick Breads
Sports Nutrition
Grill Master
Star Spangled Foods
Party Planner
Race ... to Awesome Meals
Dashboard Dining

Advanced Level Projects

Yeast Breads on the Rise
You're the Chef
Global Gourmet
Beyond the Grill
Kitchen Boss

- Please arrive about 10 minutes prior to your judging time to register. If you do not pre-register on-line, we will work you in where we have openings.
- 2022 RULE CHANGE: You WILL NOT bring food for judging.
- There will be an awards presentation about 5:30 PM, Thursday, July 21 in the Ag Center at the Fairgrounds, following the Style Revue. 4-H members do not need to be present at this announcement to get their award, but if chosen as the State Fair representative, they will miss the opportunity for media pictures. After awards, there will be a brief session to help prepare for OSF.
- Please allow at least one hour to complete the judging process. You will go through three stations, and each station can take about 10 or more minutes to complete.
- See the guidelines on the back page for instructions on what to bring to judging.
- The interview judging includes your portfolio (details on back page), project book completion, food/knowledge, a day's menu, place setting, interview skills, and personal qualities. Additionally, there are project content questions (5 written questions specific to the project book). The score sheet is available on the web at <http://delaware.osu.edu/program-areas/4-h-youth-development/summer-judging>

Delaware County Judging Guidelines for Food & Nutrition Projects

General Guidelines

Food and nutrition projects are designed to help you better understand the food needs of your body, how to eat a balanced diet, and develop skills in food preparation.

Food Fair/Summer Judging

Food Fair/Summer Judging consists of a set of written questions specific to your project; an interview with a judge about your project portfolio; and an interview with a judge on your project work, exhibit (table setting and menu), and Choose My Plate. Winners selected from each project will represent Delaware County at the Ohio State Fair.

Exhibitors must bring the following items to judging:

1. Your completed project book.
2. Project Presentation Portfolio as required for Ohio State Fair 4-H Food & Nutrition Judging. A poster CANNOT be used as a substitute for the portfolio.
 - a) The Portfolio is a project specific to the participant's book. The participant will be responsible for bringing a 3 pronged folder or binder that includes 8 ½" x 11" pages. The participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. Ideas for these pages include journaling, a timeline, photos, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. **There will be no points for scrapbooking style.**
 - b) Portfolios are evaluated on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio. A list of all interest areas that should have a page in the portfolio is available at <http://www.ohio4h.org/families/ohio-state-fair/state-fair-4-h-non-livestock-guidebook>. See Food & Nutrition Days and click on the third column for Portfolio Interest Areas.
 - c) The member's project book may not be a part of their portfolio.
3. A complete written menu for one day's meals and snacks, including a food you would make from the project book. (For example from the All American Foods project, you could make a menu for the day that includes the coffee cake in your breakfast.)
4. A complete place setting appropriate for the meal that includes the food item brought to judging. Centerpieces are optional. You will set up, without help, your place setting and food for the judge. (In the coffee cake example above, you would bring a place setting for the breakfast on your menu.) We will have a variety of place settings available to use or you can bring your own.
5. ~~A single size portion (bring only one serving) of one prepared food from those suggested in your project book. For bread projects, you should still bring one loaf or 6 rolls, muffins, etc.~~
NOT LONGER A RULE.

MyPlate and the State Fair Foods and Nutrition Days

Choose My Plate information was released June, 2011. Some of the project books may have the old My Pyramid information and efforts were made to insert a flyer on Choose My Plate in these books. Copies are available at the Extension office if you need the insert. You should know the current dietary guidelines established by the U.S.D.A, and serving amounts specific to you. Additional information is available at www.ChooseMyPlate.gov.