TO: New Jersey 4-H Food / Nutrition Project Members and Volunteers

FR: Rachel Lyons, State 4-H Program Leader

RE: New Jersey 4-H Foods Day – March 21, 2020

The 1st Annual New Jersey 4-H Foods Day will be held on Saturday, March 21, 2020 at the Rutgers, Institute for Food, Nutrition and Health, 61 Dudley Road, New Brunswick, NJ. The event is open to all registered 4-H members (grades 4-13) and 4-H Cloverbud members (grades K-3) in a foods or nutrition club. The Cloverbud division will not be competitive.

**What:** New Jersey 4-H Foods Day

**When:** Saturday, March 21, 2020 (in case of inclement weather, check your email for possible postponement); Check-in from 9:00 to 9:30 AM

**Where:** Rutgers Institute for Food, Nutrition and Health, 61 Dudley Road, New Brunswick, NJ 08901 (directions- [https://www.cpe.rutgers.edu/directions/IFNH.pdf](https://www.cpe.rutgers.edu/directions/IFNH.pdf)). Please note- registered participants will be a link to register for free campus parking the week before the event.

**Cost:** $10 per 4-H member (includes lunch contest materials, recognition items) paid in advance/ $20 at the door; $10 per adult (includes lunch, morning workshop) / $20 at the door

**Enter:** Entries are due (postmarked) by Friday, February 28!

*To enter, send:*
1. completed Entry Form,
2. completed 4-H Event Permission Form, and
3. check payable to Rutgers, The State University of New Jersey ($10 per 4-H member + $10 per adult)
   to State 4-H Office, Martin Hall Room 328, 88 Lipman Drive, New Brunswick, NJ 08901

**Agenda:**
9:00 – 9:30 AM Check-in
10:00 AM 4-H Member Workshop
10:00 AM Volunteer/Parent Workshop
11:00 AM Poster/Presentation Contest (mixed-county teams of 3 to 4 members)
12:00 Lunch (provided)
12:45 PM Skill-a-thon.
   Members in grades 4-13 rotate between the skill-a-thon and Jeopardy contest:
   - Skill-a-thon (8 stations, individual entry)
   - Jeopardy Contest (4 to a team)
3:00 PM Awards Presentation
3:30 PM Master Chefs Contest - optional
**Divisions:**
Divisions in each contest will include: Novice (4-5th grade), Junior (6-8th grade), Senior (9-13th grade). Cloverbud members will participate but will not compete – they will receive a participation gift.

**Contests:**
**Poster/Presentation Contest**
Members will be assigned to mixed-county teams on the day of the event. Each team will be assigned a topic, concept, or issue that they have to illustrate on a poster and then present to the group. All materials will be provided.

**Skill-a-thon**
Individuals will rotate through eight stations to demonstrate skills or answer questions about the Foods/nutrition project areas. Stations might include topics such as: fruit/vegetable identification, measuring, meal planning, basic cooking methods, etc.

**Jeopardy Contest**
A judge will read a series of questions about food, cooking or nutrition. Each contestant will have a signaling device. The contestant “buzzing-in” first will answer the question. The individual with the highest score after each round will advance.

**Master Chefs Contest**
Individuals will prepare a dish using one key ingredient provided (the key ingredient will be shared with registered participants the week prior to the event). All other ingredients and equipment will be brought to the event by the contestant.

**Questions:** Contact – Rachel Lyons, nj4h@njaes.rutgers or 848-932-3597