

PRODUCED IN NEW YORK PRESENTATION PROGRAM – Section Z

PRESENTATION RULES

- a) Program is open to 4-H youth 8-19.
- b) Presenters must be available to present their demonstration on Friday, August 15, 2008, in the 4-H Youth Development Building between the hours of 10 AM and 8 PM. **Pre-registration is required on the entry form (due no later than 4:30 PM on Monday, July 7, 2008, in the 4-H Office).** Contact the 4-H Office (716-652-5400 ext. 130) to schedule a time for your presentation and to get complete entry rules.
- c) **Selected winners must be available to present their demonstration at the NYS Fair (tentatively on Sunday, August 31) in Syracuse.**
- d) Without saying a word, youth share a favorite recipe that includes at least one featured ingredient that is produced in New York State, not necessarily in Erie County.
- e) Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates. Consider using fortifiers and those ingredients that add nutritive value, such as vegetables, fruits, nuts, whole grains, etc.
- f) Participants will have access to a microwave and refrigeration. All other equipment is the responsibility of the presenter.
- g) The presenter has up to 40 minutes to complete his/her demonstration. However, no samples may be distributed (health reasons).
- h) Participants are encouraged to use a variety of demonstration skills.
- i) The finished product will be displayed upon conclusion of the presentation. The finished product may be prepared and brought from home OR may be the result of the demonstration itself.
- j) Recipes should come from 4-H curricula, an original family recipe, or an original recipe of the participant.
- k) No recipes are permitted from copyrighted cookbooks. Recipes that are based on a recipe from a cookbook must have at least three changes or modifications made (Example: slightly more cinnamon, omission of salt, use of honey in place of sugar.)
- l) At the end of the demonstration, the participant will indicate verbally “this concludes my presentation; are there any questions or comments?” At this time audience members and the evaluator can ask questions or make comments. **Be prepared to note the origin of the recipe. Also, please have 20 copies of your recipe for distribution. (Note: At the NYS Produced in New York presentation, 50 copies are required.)**
- m) Demonstrations must follow 4-H guidelines on giving a food demonstration. Contact the 4-H office for a copy.
- n) **Participants must have completed a menu-planning sheet** (contact the 4-H office for a copy).

AWARDS:

Blue \$4.00 Red \$3.00 White \$2.00

Class 1-2

For tips on Food Presentations and rules related to the New York State Fair “Produced in New York Program”, go to

<http://nys4h.cce.cornell.edu/program/events/statefair.php>

Class

1. **Junior Division Presenters (ages 8-12 as of January 1, 2008)**
2. **Senior Division Presenters (ages 13 and older as of January 1, 2008)**