

Klickitat County 4-H Foods Activity Day

July 20, 2018 – Goldendale High School (Home Ec. Room)

Registration Form



**Remember that pre-registration by July 16
is needed for planning and to assure participation
in crafts and learning activities**



4-H Member Name: _____ Level: Cloverbud Jr. Int. Sr.

Club Name: _____ Leader: _____

4-H members may participate in all activities. See back for details on qualification requirements for State 4-H Fair. 4-H members can also participate as a team for the Food For All Occasions, My Favorite Foods, and Food Preservation. Two members of the same 4-H age group constitute a team.

County level activities open to Primary, Junior or First Year members unless otherwise noted

1. Packed lunch
2. My Favorite Food
3. Bread baking with bread machine
4. Microwave cooking

State level activities:

6. Table Setting
7. Lunch on the Go
8. Quick to Fix Meals
9. Foods of the Pacific Northwest/Native Foods
10. Food for All Occasions (Juniors-county level only)
11. Favorite Foods
12. Exploring Food Around the World
13. Bread Baking
14. Food Preservation



Activity or Activities	Total Kitchen Time Needed (Preparation, service, clean-up, evaluation)
(Example) 1-Packed lunch	½ hr

Juniors, Intermediates and Seniors can qualify for State 4-H Fair except where noted.

Contests Available

Food Activity	Time Limit (prep., service, clean-up, eval.)	Individual Activity	Team Activity (same age)	Special Notes
Table Setting	Up to 1 hour	X		
Lunch on the Go	Up to 1 hour	X		
Quick to Fix Meals	Up to 2 hours	X		May not enter both Quick to Fix and Food for All Occasions
Foods of the PNW/Native Foods	Up to 3 hours Juniors-2 hours	X		
Food for All Occasions	Up to 3 hours	X	X	*Juniors – county level only. *Team contest – two members of the same 4-H age group constitute a team.
Favorite Foods	Up to 3 hours Juniors up to 2 hours	X	X	*Juniors can compete as individuals only. *Team contest – two members of the same 4-H age group constitute a team.
Bread Baking Activities				
Yeast Breads	Up to 3 hours			Juniors limited to quick breads only.
Quick Breads - Loaves	Up to 2 ½ hours	X		
Quick Breads – other than loaves	Up to 2 hours	X		
Food Preservation			X	*Juniors may do food drying and food freezing only. *Team contest – two members of the same 4-H age group constitute a team. *Youth must be enrolled in the Food Preservation Project.
Food Drying	1 hour	X	X	
Food Freezing	1 ½ hour	X	X	
Jam/Jelly Making	1 ½ hour	X	X	
Water Bath Canning	2 hours	X	X	Processing methods must follow current WSU and USDA recommendations. The Ball Blue Book of Preserving is now using USDA standards and is an acceptable source of recipes if the current edition is used
Pressure Canning	3 hours	X	X	County level only. See above note. Must follow WSU and USDA recommendations.