



## San Gabriel Valley 4-H Fair

### *Under the Sea*

## “Ideal Kid’s Lunch” Contest

Event: Sunday, April 25, 2010 at 9:00 a.m. in the Main Building near Home EC

*Join us for this exciting new event! Bring your family members and create the “ideal kid’s lunch” – complete with a lunchbox. Bring your ingredients from home and assemble near the Home Economics area as the high-energy contest begins! **Each family** must bring a sandwich, a fruit, a veggie, a dessert and a beverage for your lunch. Make sure to be creative and to remember to use healthy AND fun foods that kids would love! This is the IDEAL kid’s lunchbox meal. No boring food allowed! Remember to bring your recipes for EACH of your lunch box items. Lunchboxes may be store-bought or handmade. Be creative and have fun!*

Please Read the Rules Carefully!

1. Bring all items, unassembled, to Main Building at the San Gabriel Valley 4-H Fair. Contest Check-in is at 9 a.m. Judging will start at 9:15 a.m.
2. Lunches must contain a sandwich (or comparable main course – example: pita pocket, English muffin, pizza, etc.), veggie, a fruit, a dessert and a beverage. Lunch should be meant for ONE child.
3. Items must be able to be eaten cold and/or room temperature – no heating of items is allowed.
4. Lunchboxes will be included in judging. They can be store-bought or handmade. Add your own personal touch!
5. Each family will have 15 minutes to assemble their individual lunch items and make finishing touches to their meals. Example: if you are bringing a tuna sandwich; bring the bread and a small plastic container with the tuna in it and assemble at the fair. Same with the fruit, veggie, pudding and beverage. Remember – get creative with your items! This is the IDEAL kid’s lunchbox meal. No boring food allowed!
6. Judges will judge the entries based on creativity, appearance, culinary style, nutritional value, kid-friendliness, color, texture and overall theme of contest.
7. Danish System of Judging
8. Include a 3x5 card with the menu

Have Fun – See you there!

