

4-H Table Toppers Contest Guidelines and Entry Form for 2023

Do you like to cook and create meals? Do you like to bake and prepare delicious desserts or breads? Then this fun contest is for you! 4-H youth will be inspired while they learn to pick a theme, plan a nutritious menu and learn table setting skills.

Contest Date: Thursday, June 29, 2023

Times: Set up from 2:30 -3:00 pm Judging from 3:00 pm – 5:30 pm; Awards ceremony following judging.

Where: Nebraska Extension in Douglas – Sarpy Counties, 8015 West Center Road, Omaha NE 68124

4-H Contact Person: Stephanie Thorson at stephanie.thorson@unl.edu, 402-444-7949

Key Information:

- Entry Forms are DUE: Friday, June 23, 2023
 - Set up on contest day will be from 2:30-3:00 PM (Don't forget your card table!)
 - Parents/Guardians are not allowed in the auditorium during set up.
 - Interview Judging starts at 3:00 PM.
 - Youth should bring quiet activities to do while the other 4-H contestants interview judge.
 - Families can view all the tables/take pictures after the judging of all the tables is complete.
 - An awards ceremony will take place following the judging. If needed, ribbons can be mailed to participants after the contest.
 - Classes will be split by ages (see entry form below)
 - The Table Toppers contest is open to 4-H members ages 5 - 18 year olds.
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4-H Table Toppers Contest Guidelines

1. Parents/Guardians, while your guidance is important, please remember that this is your child's project.
2. Select a theme, like "Holiday Meal," or "Summer Picnic"
3. Plan a well-balanced and colorful menu around the selected theme. **No buffet menus.** Menu should be age appropriate for the child participating. Prepare the entire menu at home to learn food preparation and time management skills.
4. Please note that youth are NOT to bring any food item for the judge to taste. If you would like to include an item in your menu that is eligible to be entered in the fair, please refer to the Food and Nutrition section of the fairbook for acceptable choices. You can include this food item in your menu, but do not bring any actual food items to the Table Toppers contest.
5. Select table decorations **and table setting for one.** Practice setting the table on a card table: plate, utensils, cup, napkin etc.
6. Plan a centerpiece to match your theme. Any candles used on the table should not be lit during the contest.
7. Write or type your menu (Using My Plate information as a guide) to be displayed on your table.
8. Choose one food item from your menu and make **one copy of the recipe for that item** to be placed on the table for the judge to view. A 3x5 or 4x6 recipe card is preferred but it may be presented on a larger piece if needed. Please allow your child to do this step. You may also include a photo of the prepared food item (optional).
9. 4-H contestants need to be prepared to:
 - Introduce themselves to the judge, as well as explain why they chose their theme and menu.
 - Be prepared to answer questions about meal preparation, time management, and food preparation as it relates to your chosen menu.
 - Have your child practice preparing the entire meal.
 - Relax and have fun with this!
10. Wear the outfit that you would wear if you were hosting the event, or a fun costume that reflects your theme.
11. Checklist: You must supply your own card table, table covering (place mat or table cloth), centerpiece, table setting (plate, cup, eating utensils, etc.), menu and recipe of selected baked item.
12. The table must be standard size square or round table. No additional side tables will be permitted.

For more specific information about this contest, please see the "Preparing for the 2023 Table Toppers Contest" manual which is available at this link <https://extension.unl.edu/statewide/douglas-sarpy/4-h-resources/> or contact Stephanie Thorson at stephanie.thorson@unl.edu or 402-444-7949.

2023 Table Toppers Entry Form
Due Friday, June 23, 2023

NAME: _____ 4-H AGE (Age before January 1, 2023): _____

ADDRESS: _____ Zip Code: _____

PHONE: _____ EMAIL ADDRESS (PARENT/GUARDIAN): _____

4-H age is determined by how old the youth was before January 1, 2023.

Please check which class category the 4-H member is to be entered in:

CLASS 999 Clover Kids – ages 5-7

CLASS 901 Junior – ages 8-10

CLASS 902 Intermediate – ages 11-13

CLASS 903 Senior – ages 14-18

Return entry form:

You can complete and submit the entry form online: <https://go.unl.edu/4htabletoppers2023>

OR

Mail - Nebraska Extension Douglas-Sarpy Counties; Stephanie Thorson, 8015 West Center Rd
Omaha, NE 68124

Email-Stephanie Thorson at stephanie.thorson@unl.edu