

## 4-H Table Toppers Contest Guidelines and Entry Form for 2024

Do you like to create meals for friends and family? Do you like to prepare foods that are delicious and nutritious? Do you like to plan special occasion meals for entertaining? Then this fun contest is for you! 4-H youth will be inspired while they learn to select a theme, plan a nutritious menu, and learn table setting skills.

**Contest Date:** Thursday, June 27, 2024

**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 Persons: Stephanie Thorson at [stephanie.thorson@unl.edu](mailto:stephanie.thorson@unl.edu), 402-444-7949; Megan Petsch at [mpetsch3@unl.edu](mailto:mpetsch3@unl.edu), 402-444-7804.

### Key Information:

- Entry Forms are DUE: Friday, June 21, 2024
  - 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. (Flameless candles such as a LED tealight that is electronic are acceptable.)
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 3-inch x 5-inch or 4-inch x 6-inch 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 tablecloth), centerpiece, table setting (plate, cup, eating utensils, etc.), menu and recipe of selected menu item.
12. The table must be standard size square or round table, and portable/foldable. No additional side tables will be permitted.

For more specific information about this contest, please see the "Preparing for the 2024 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](mailto:stephanie.thorson@unl.edu), 402-444-7949, or Megan Petsch at [mpetsch3@unl.edu](mailto:mpetsch3@unl.edu), 402-444-7804.

## 2024 Table Toppers Entry Form

### Due Friday, June 21, 2024

NAME: \_\_\_\_\_ 4-H AGE (Age before January 1, 2024): \_\_\_\_\_

ADDRESS: \_\_\_\_\_ Zip Code: \_\_\_\_\_

PHONE: \_\_\_\_\_ EMAIL ADDRESS (PARENT/GUARDIAN): \_\_\_\_\_

*4-H age is determined by how old the youth was before January 1, 2024.*

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/4htabletoppers2024>, via QR code below, **OR**

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

**Email**-Stephanie Thorson at [stephanie.thorson@unl.edu](mailto:stephanie.thorson@unl.edu)

QR code link to Table Toppers contest:

