

## Food & Nutrition Projects

Project # & Name	Targeted Age & Project Levels	Project Requirements for County Participation	Important Dates & Locations
459 – Let’s Start Cooking  <u>Project Cannot Be Repeated</u>	Beginner: No experience or those who are 8 to 11 years old.	Follow and complete the Member Project Guide on pages 3-7 in your project book. See General Guidelines listed at the end.  Required Participation: <ul style="list-style-type: none"> <li>○ Judging</li> </ul> Exhibition <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<b>Food Judging</b> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <i>State Fair Eligible on Food and Nutrition Days</i> <a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a> Choose My Plate <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>
461 – Let’s Bake Quick Breads  <u>Project Cannot Be Repeated</u>	Intermediate: Some experience or those who are 11 to 13 years old.	Follow and complete the Member’s Project Guide on pages 6-9 of your project book. See General Guidelines listed at the end.  Required Participation: <ul style="list-style-type: none"> <li>○ Judging</li> </ul> Exhibition <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<b>Food Judging</b> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <i>State Fair Eligible on Food and Nutrition Days</i> <a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a> Choose My Plate <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a>



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<p>462 – Yeast Breads on the Rise</p> <p><u>Project Can Be Repeated</u></p>	<p>Advanced: Experience or those who are 14 years old or older.</p>	<p>Follow and complete the Member’s Project Guide on pages 5-7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>463 – Sports Nutrition Ready, Set, Go!</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 11 to 13 years old.</p>	<p>Follow and complete the Member’s Project Guide on pages 3 – 5 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>467 – You’re the Chef</p> <p><u>Project Can Be Repeated</u></p>	<p>Advanced: Experience or those who are 14 years old or older.</p>	<p>Follow and complete the Member’s Project Guide on pages 3-5 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>469 – The Global Gourmet</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Advanced: Experience or those who are 14 years old or older.</p>	<p>Follow and complete the Member Project Guide on pages 3-5 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>472 – Grill Master</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 11 to 13 years old.</p>	<p>Follow and complete the Member Project Guide on pages 4-7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>474 – Beyond the Grill</p> <p><u>Project Can Be Repeated</u></p>	<p>Advanced: Experience or those who are 14 years old or older.</p>	<p>Follow and complete the Member Project Guide on pages 4-7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>475 – Star Spangled Foods</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 12 to 14 years old.</p>	<p>Follow and complete the Member’s Project Guide on pages 1-4 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>476 – Kitchen Boss</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Advanced: Experience or those who are 14 years old or older.</p>	<p>Follow and complete the Project Guidelines in your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>477 – Party Planner: A 4-H Guide to Quantity Cooking</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 11 to 13 years old.</p>	<p>Follow and complete the Member Project Guide on pages 3-7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>481 – Everyday Food &amp; Fitness</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Beginner: No experience or those who are 8 to 10 years old.</p>	<p>Follow and complete the Member Project Guide on pages 3 - 7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>484 – Snack Attack</p> <p><u>Project Can Be Repeated</u></p>	<p>Beginner: No experience or those who are 8 to 10 years old.</p>	<p>Follow and complete the Member Project Guide on page 4-7 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>485- Racing the Clock to Awesome Meals</p> <p><u>Project Can Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 11 to 13 years old.</p>	<p>Follow and complete the Member Project Guide on pages 3-5 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate</p> <p><a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>

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<p>486 – Dashboard Dining: A 4-H Guide to Healthful Fast Food Choices</p> <p><u>Project Can Be Repeated</u></p>	<p>Intermediate: Some experience or those who are 11 to 13 years old.</p>	<p>Follow and complete the Member Project Guide on pages 6-9 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>
<p>487 – Take a Break for Breakfast</p> <p><u>Project Cannot Be Repeated</u></p>	<p>Beginner: No experience or those who are 10 to 12 years old.</p>	<p>Follow and complete the Project Guidelines on pages 3-6 of your project book. See General Guidelines listed at the end.</p> <p>Required Participation:</p> <ul style="list-style-type: none"> <li>○ Judging</li> </ul> <p>Exhibition</p> <ul style="list-style-type: none"> <li>○ Completed project book and portfolio (see general guidelines for more detail.)</li> <li>○ Menu for one day.</li> <li>○ Prepared single serving of food from a recipe in your book or appropriate to the book.</li> <li>○ Full table setting.</li> </ul>	<p><b>Food Judging</b></p> <ul style="list-style-type: none"> <li>○ July 13 – club will be scheduled a time between 3:00 pm and 6:00 p.m. at the Ramser 4-H Activity Center</li> </ul> <p><i>State Fair Eligible on Food and Nutrition Days</i></p> <p><a href="https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf">https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf</a></p> <p>Choose My Plate <a href="https://www.choosemyplate.gov/">https://www.choosemyplate.gov/</a></p>



## General Guidelines for Nutrition Projects

- ✓ Members should select a project considering their cooking experience and age.
- ✓ Members are responsible for the following information:  
[https://ohio4h.org/sites/ohio4h/files/imce/Families/state\\_fair/Food%20and%20Nutrition%20Activity\\_14.pdf](https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/Food%20and%20Nutrition%20Activity_14.pdf)  
[https://ohio4h.org/sites/ohio4h/files/imce/Families/state\\_fair/2022%20State%20Fair%20Interest%20Areas.pdf](https://ohio4h.org/sites/ohio4h/files/imce/Families/state_fair/2022%20State%20Fair%20Interest%20Areas.pdf) , and  
<http://www.choosemyplate.gov/> .
- ✓ Items that will be required for **EVERY PROJECT** for judging:
  - \* You will need to bring your completed project book and portfolio. The Portfolio is a project specific to the participant's book. The participant will be responsible for bringing a 3-pronged folder that includes 8 ½" x 11" pages. The participants will create a maximum of one page (one-sided only) per "activity area" or "interest area" as designated in the front of their project books. These pages could be in collage, journaling, timeline, photo, or any other format that would illustrate the work and knowledge of the participant. Each page could be different or could be a combination of styles allowing the 4-Her to reflect on their learning experience. The portfolios will be judged on the inclusion of information about the interest or activity areas listed in the front of each book, the organization of the materials, verbal presentation, and communication with the judge regarding their portfolio.
  - \* You will need to bring a menu for one day. This should include the food that you prepared for judging. This can be included in your portfolio.
  - \* You will need to bring one prepared single serving of food from a recipe in your project book or appropriate to the book. **FOOD SAFETY** - You need to make sure that the foods you bring to judging are kept at the temperature needed to be eaten. If you are bringing hot food to judging make sure that it stays hot (insulated – over 138°) and if the food is to be cold (on ice – under 40°) make sure that it stays cold for the judges in case they choose to sample.
  - \* You will need to bring a full table setting that accompanies one meal in your menu.