

Livingston County 4-H Program

Produced in New York Food Presentations

Suggestions

Program Introduction/Purpose: Produced in New York (PINY) program is designed to showcase the wide variety and use of agricultural products grown right here in New York. PINY is a marvelous opportunity for youth to demonstrate their food preparation skills while promoting a tasty recipe featuring New York State food products. During PINY program, individual 4-H members (Cloverbuds too!) do a “silent demonstration” concurrently with several of their peers. This experience helps younger 4-Hers begin to feel more comfortable presenting to a crowd, while providing older youth with the opportunity to tackle more complicated recipes, perhaps using more than one NYS food product. Overall, PINY program participation provides an opportunity for youth to further develop their skills and knowledge of food preparation and presentation skills!

Recipe Selection:

- ❑ Recipes should follow U.S. Dietary Guidelines/”My Plate” and feature product(s) produced in NYS. Recipes **MUST** contain a minimum of 1 cup of a NYS Product.
- ❑ Recipes using game meat (uninspected meat) and alcohol are **NOT PERMITTED**.
- ❑ Originality – Creativity and imagination help make foods appealing and tasty. Participants are encouraged to use recipes from 4-H projects, family recipes, or your own variation. You may be asked to explain the source of your ‘statement of origin’, as well as changes made, family preferences, etc.
- ❑ Recipes taken from a cookbook bring up the issue of copyright concerns. To make it an original, two-three changes or modifications must be made to the recipe. (Example: slightly more cinnamon, omitting salt, using honey in place of sugar).
- ❑ Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates. Consider using fortifiers and ingredients which add nutritive value, such as vegetables, fruits, nuts, whole grains, etc.
- ❑ Make sure to consider your skill level when selecting your recipe. For example, Cloverbuds and first year participants can make smoothies. Older members can make pies or stews.

Evaluation Criteria: Check out these evaluation pointers to help you prepare for your demonstration.

- ❑ **Recipe:** complete and easy to follow, promotes a New York grown/produced product, follows U.S. Dietary Guidelines, source is properly cited.
- ❑ **Menu Planning Sheet** with menu plan, statement of origin, and nutrition statement. Both recipe and menu planning sheet should be written neatly or typed, spelled correctly, standard abbreviations can be used. Ingredients: list in order of use then directions are listed in numbered steps. Include yield and source.
- ❑ **Finished product:** overall appearance, attractive presentation.
- ❑ **Demonstrator:** appearance, poise/ability to respond to questions asked.
- ❑ **Preparation:** organization (orderly plan of work and placement of equipment); techniques and manual skills.
- ❑ **Work area and results:** work area neat, with demonstration techniques in full view of audience.

Equipment: Participants are expected to furnish supplies and equipment necessary to prepare and exhibit their product, including trays, extension cords, potholders, etc. Ranges, ovens, microwave, and refrigerators may be available. Participants should plan accordingly.

Presentation:

- ❑ Participants prepare their product before the audience at the same time, in a silent non-verbal presentation. Participants should be aware that the Program Coordinator/Master Of Ceremonies/Emcee and the public may ask questions. Participants may have a poster, but a poster is not mandatory.
- ❑ Time allotment: up to 40 minutes. Each participant will utilize their time according to the complexity of their particular recipe. Participants are encouraged to use a variety of demonstration skills.
- ❑ At the conclusion of the presentation, participants will sit in the provided chair and wait until all presenters are finished. Then the audience may ask questions or give comments. Once all questions have been answered, participants will move their finished product to the assigned (display) area, and immediately clean up their demonstration area.

Product:

- ❑ The finished product may be prepared and brought from home OR may be the result of the demonstration itself. (Example: Milkshake, Green Salad)
- ❑ Product will be on display for viewing only, so please consider an attractive setting.
- ❑ In the interest of public health and safety, the decision has been made not to offer samples to the public.

Dress:

- ❑ Dress appropriately for a food demonstration. No long sleeves or loose clothing. Clothing should be neat and simple. It is recommended that an apron be worn. A short-sleeved, white shirt or blouse is recommended. (No shirt with a slogan) Avoid wearing jewelry on hands and arms, or any jewelry that is dangling or distracting. Wearing a watch is fine.
- ❑ Hair should be worn away from the face and secured with a hair net, scarf, or hat.
- ❑ Appearance and clothing should not be distracting.
- ❑ Coordinating colors (towels, apron, labels, containers, scarf, or hat) all add to the total affect, but will not affect judging.
- ❑ Plastic or latex gloves are not required. But, it is expected that participants will demonstrate proper hand washing/sanitizing techniques at the beginning of their demonstration.

GENERAL FOOD DEMONSTRATION SUGGESTIONS:

- Demonstrate hand washing/sanitizing techniques at the beginning of the demonstration. Wash hands in a sink and wipe with paper towel – or use a hand sanitizer.
- Use suitable containers for ingredients
- Loosen or remove caps and tops before beginning
- Cover commercial labels or use uniform containers with labels identifying ingredients.
- Label ingredients such as salt, sugar, and baking powder, so you don't make a mistake. It helps to label both front and back, so both you and the audience can read them.
- Use transparent or clear bowls whenever possible.
- Choose the best equipment for the job (ex. standard measuring and mixing equipment)
- Use rubber spatula to clean bowls.
- Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones).
- Be neat (example: work on wax paper and use paper bag for waste).
- Measure dry ingredients over wax paper. This makes clean-up easier. Use a straight edge utensil to level off dry ingredients.
- Bring a damp cloth or sponge for spills to be used as needed.
- Cover trays with towels at the beginning and end of your demonstration.
- Remember to look at your audience! Smile and make eye contact.
- Use safe and proper measuring techniques and preparation skills. Measure liquid ingredients by placing a liquid measuring cup on the table. Pour in the liquid slowly. Bend down to check the marking at eye level.

Resources for Recipes & Information

Club on Fantastic Food - www.youthlearningnet.org

Lists Harvest Dates - www.prideofny.com

New York State Apple Association, Inc. - <http://nyapplecountry.com>

www.nyapplecountry.com

www.nysmaple.com

www.nypotatoes.org

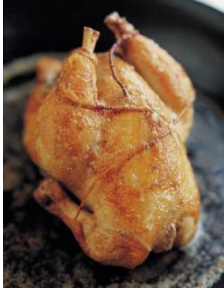
www.gotmilk.com

www.choosemyplate.gov

PRODUCED IN NEW YORK FOOD PRESENTATIONS

ELIGIBLE PRODUCTS GROWN OR PRODUCED IN NEW YORK STATE

Your recipe **MUST** include 1 cup or more of a New York State product!



MEAT AND FISH

Beef, turkey, lamb, pork, chicken



VEGETABLES

Asparagus, cabbage, corn, onions, potatoes, dry beans (kidney, red, black), eggplant, beans (snap), carrots, tomatoes, squash, spinach, beets, cauliflower, green pepper, pumpkins, brussel sprouts, broccoli, cucumbers, zucchini plants, peas, greens (swiss chard, lettuce, etc.)

DAIRY

Milk, buttermilk, cheese, yogurt, cottage cheese, sour cream, ice cream, whipped cream



FRUITS

Apples, grapes, rhubarb, blackberries, melons, strawberries, blueberries, pears, peaches, cherries, raspberries



MISC.

Maple syrup, honey, eggs



Note: Since PINY is designed to promote products commercially grown in NYS, the use of wild game is NOT acceptable. Wild game is not readily available to the average consumer, nor is it inspected. Alcohol may NOT be used in any form.