



THE OHIO STATE UNIVERSITY

COLLEGE OF FOOD, AGRICULTURAL,
AND ENVIRONMENTAL SCIENCES

**Ohio State University
Extension**
Athens County
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Athens, OH 45701

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2023 ATHENS COUNTY FOODS & NUTRITION JUDGING

Dear 4-H Member:

We are looking forward to seeing the results of your foods and nutrition project at judging! Foods and nutrition judging will be on **July 11, 2023** at the Athens County Extension Office. Judging will be conducted by prescheduled appointment, and the schedule has been posted on our website, along with this letter.

Individual judging appointments are grouped by families. No awards will be given out on judging day; results will be announced via email and social media upon conclusion of judging and an **awards ceremony will be held on July 13th at 6 PM at the Extension Office.**

To prepare for this judging, please study and complete your project book. You should plan to bring the following:

- Your completed project book/s.
- An educational display such as a portfolio, scrapbook, or poster.
- A food sample of a recipe from your book (i.e., quiche, pie, etc.) that you make for judging day. This sample should be served either piping hot or cold. The judge may not taste your food sample, it is for presentation purposes.
- 3 ½ x 5-inch index card with your recipe for your sample food and the cost per serving for that recipe/food on the back.

To prepare for this judging, please study all information on <http://www.choosemyplate.gov/> and in your book. Judging this year will consist of an interview with a judge, during which you will answer questions and demonstrate what you have learned through your project.

Please call me at 740.331.6061 or email me at moore.3317@osu.edu if you have any questions. I am looking forward to seeing you on July 11th!

Sincerely,

Bridget W. Moore
Extension Educator
4-H Youth Development