

MEAL APPEAL

Each club will plan a properly balanced menu based on the [MyPlate Guidelines](#) for kids or adults. Time limit for each presentation is 15 minutes.

I. CLUB MENUS – 35%

- A. Menus are to be submitted to the 4-H Office one week prior to the contest date. The menu for the meal (s) should be neatly written on a 5 X 8 index card. Senior clubs will submit a separate index card for each meal (breakfast, lunch & dinner). Junior clubs will submit either a breakfast, lunch or dinner menu only.
- B. Meals should be well balanced nutritionally. The foods must be those which can be prepared by club members. Senior clubs will be expected to include more elaborate foods in their menus. (For example: cheese omelet or quiche instead of scrambled eggs for breakfast.)
- C. Menus may follow this general guideline. Breakfast and lunch menus follow the same idea, but may add or subtract foods:
 - Appetizer
 - Main dish
 - Vegetable
 - Bread & Spread
 - Dessert
 - Beverage
 - Vegetable (or other additions such as salad)
- D. Senior clubs need to make sure their total daily menu includes the recommended number of servings. Use the MyPlate Guidelines for kids or adults.

II. DISH – 35%

- A. Your club prepares only one dish from the menus (one that does not require a stove or refrigerator) for the judges that day (i.e., a salad, dessert, etc.). This can be done in a club demonstration form with all members participating. We suggest some type of dish that can be made using a small appliance (borrowed from club

member's family) such as an electric fry pan, wok, blender, etc. Bring your own extension cords.

III. RECIPE – 15%

- A. The one recipe should be neatly written on a 5 X 8 index card. List all ingredients in order of use. Below, write the instructions, including the number of servings. On the reverse side, list total number of club membership, names of 4-H'ers involved in Meal Appeal and their Meal Appeal responsibility. Include this recipe card and information with your entry.

Example: Anna Walton – nutritional data and sliced peppers
Xavier Lee – posters & mincing garlic

IV. TABLE SETTING (Optional)

- A. You may include a placemat as part of your table setting.
- B. The centerpiece is to be designed by club members. It might be a bowl of fruit, holiday decoration or a candle made by one or more members. You may want to fill a basket with fresh or dried flowers - be creative! No purchased centerpieces. Also, remember that a correct centerpiece does not obstruct the view of those sitting at the table.

V. DEMONSTRATION TECHNIQUES – 15%

- A. Attitude of contestants
- B. Percentage of club participation
- C. Time limit adhered
- D. Club shows courtesy to other demonstrators



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