

Marin County 4-H

Fashion Revue

“The Road to Fashion”



Favorite Foods Day

“Delightful Diners”

Sunday, April 23, 2017



**Participants’
Handbook**



Welcome!

Fashion Revue and Favorite Foods Day is a fun event in our 4-H program. Our members can participate in one or both competitions. The rules and guidelines are all found here in this handbook. We hope you find this helpful when planning your entries!

Theme

This year's **State Fashion Revue** theme is "*The Road to Fashion.*" How might you interpret travel and road trips in your entry?

Our **Favorite Foods Day** theme is a spin on that same topic of travel and road trips, "*Delightful Diners.*" Diner food, comfort food, and unique creations from around the county, down Route 66 and beyond are your inspiration!

Overview & Schedule

Marin County Fashion Revue and Favorite Foods Day is a fun way for you to show off your consumer science skills! This event is open to all of our members. You do not have to be in a cooking project to participate in the Favorite Foods competition. Only two categories in Fashion Revue require participation in a sewing project (traditional and the stripe/print/plaid challenge).

This year, **Fashion Revue and Favorite Foods Day** will be held on Sunday, April 23rd at Vallecito School in Terra Linda. This year we have a staggered check in to better accommodate the time needs of each competition. Fashion Revue participants will check in at 1:00PM and Favorite Foods participants will check in at 2:00PM. Everything should then conclude together for our combined awards ceremony.

FULL SCHEDULE

1:00	Check-In Open for FASHION REVUE
1:15	FASHION REVUE Evaluation begins
2:00	Check in for FAVORITE FOODS entries
2:15	FAVORITE FOODS Evaluation Begins
3:00	Modeling Practice
3:30	Change for Fashion Show
4:00	Fashion Show
5:00	Awards Ceremony

Registration

Please register for the **Favorite Foods** competition here: <https://ucanr.edu/survey/survey.cfm?surveynumber=20480>

Please register for **County Fashion Review** here: <https://ucanr.edu/survey/survey.cfm?surveynumber=20481>

FAVORITE FOODS DESCRIPTION AND DETAILS

You may enter the Favorite Foods competition in one of the following categories:

Salad	Side
Bread	Appetizer
Vegetable	Dessert (no cookies)
Main Dish	Table Setting Only (New!)

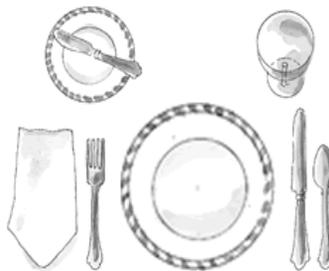
You may also enter the **Master Chef** category that requires you to demonstrate a culinary or food preparation technique. The **Master Chef** entry can be anything from the above categories.

You may also choose to highlight ingredients from local sources, and choose to have your entry considered for this extra award.

Directions for Entry:

1. All entries must be home-prepared by the 4-H member. (**Note:** Enrollment in a Foods & Nutrition Project is NOT required.).
2. Member must provide own utensils, **servicing plate** for each entry, place setting dishes, **and card table**. (a limited number of tables are available; contact the 4-H office if one is needed.)
3. If you have a crock pot, or something else that needs electricity, please bring an extension cord.
4. A **copy of the recipe must be emailed (alkeaney@ucanr.edu)** after you register. It is also nice to have copies of your recipe to hand out at the event, but it is not required.
5. Visitors and spectators will want to try your dish as well. Be sure to bring small plates, paper cups, napkins, spoons, or forks so that you may share individual samples. You may also like to have copies of your recipe to hand out!

Provide a place setting and table cloth/cover for your entry. (See example below.) Have fun matching the theme of your table to the theme of your dish.



Example Place Setting



Preparing Your Entry

Here are some helpful tips on preparing for your evaluation.

1. **Practice your dish** a couple of times if you can. Practice is always good!
2. **Review the nutritional guidelines for MyPlate** at choosemyplate.gov. Be able to answer questions about the nutritional qualities of your dish and know where your food entry is located on MyPlate.
3. **Review safe food handling** and be able to talk about how you used safe food handling when preparing your dish.



- a. Proper Handwashing: Wet hands, apply soap, briskly rub together for at least 20 seconds, rinse, dry with clean towel.
- b. Transporting Cold, Perishable Foods: Put food in container with a tight fitting lid in an ice chest. Add ice or frozen gel cold packs to keep cold. Move food from refrigerator to ice chest right before transporting.
- c. Keeping Hot Foods Hot and Cold Foods Cold: Keep food outside of the Temperature Danger Zone, 40 to 140 Degrees F.
- d. Avoiding Cross Contamination



MASTER CHEF—FAVORITE FOODS

Master Chef, Favorite Foods, is an advanced Favorite Foods category for those members who have been successful in the favorite foods category and are looking for a bigger challenge. ***There are many additions to this category so please read carefully!***

The Master Chef category has all the elements of the traditional favorite foods category, with the addition of:

- ◆ A food preparation demonstration of one or more of the elements of the recipe.
- ◆ A menu built around the recipe/entry.
- ◆ A more thorough understanding of food safety principles and practices.

DEMONSTRATION

Be able to show the judge how you made all or part of your recipe. Bring some or all ingredients or your recipe and demonstrate making all or part of the recipe to the judge. Your demonstration should include specific food prep techniques.

Members are NOT expected to cook food onsite. They should bring their completed dish, just as in a regular Favorite Foods entry.

For example:

- ◆ A bread recipe might include demonstrating an effective kneading technique.
- ◆ A pasta dish might demonstrate how to make fresh pasta, from dough mixing to cutting.
- ◆ A salad recipe might include a demonstration on how to carefully and safely wash spinach and why it is important.

MENU

Ask yourself, “What meal can I build around my recipe?” If you were having a friend over for dinner, or making a special dinner for your family, what other foods would you serve with your recipe to make a complete meal? How will that meal stand up to the “ChooseMyPlate” nutritional guidelines?

Print your menu on a nice looking piece of paper to display with your entry.

For example:

Your entry is a homemade pasta sauce from herbs and fresh tomatoes from your garden. What will you serve it on? What will go with it?

Chicken Parmesan

Angel hair pasta with garden sauce

Salad with Oil and Vinegar Dressing and Lemon

Milk

Sorbet for dessert



FASHION REVUE DESCRIPTIONS AND GUIDELINES

- County Fashion Revue is a qualifying event for State Fashion Revue, so we follow the rules for state competition.
- To View the Brochure for State Fashion Revue (held at State Field Day) visit: <http://4h.ucanr.edu/files/251738.pdf>
- One member in each age category for each fashion category may advance to State Fashion Revue from our county, NOT all Gold winners as in Presentation Day.
- Note that some categories require you to be in a sewing project (traditional and the stripe/print/plaid challenge).
- County entries are to be completed online here: <https://ucanr.edu/survey/survey.cfm?surveynumber=20481> Then a photo and description of your entry (which will be read at the fashion show) should be emailed to alkeaney@ucanr.edu

The Fashion Revue Evaluation Process

Being evaluated for Fashion Revue can take some time. Here is what to expect:

1. Bring your garments on hangers. Secure your accessories in a sturdy bag or carrier so they are protected.
2. When you arrive, hang your entry in the garment area. Evaluators will review garments on their hangers first, checking seams and fastenings for workmanship.
3. You will then go to the dressing room and put on your garment. The evaluator will then review your garment for fit and drape.
4. The evaluator will ask you some questions about your garment: the fabric choice, challenges you may have had, what you learned during the project.
5. After the evaluation is over, the scores will be tallied. You will go to practice for the fashion show in the large multi purpose room.
6. After fashion show practice, you will go back to the fashion revue room, and dress for the fashion show.

For more information about Fashion Revue, copies of the scorecards, quality standards and more, visit http://4h.ucanr.edu/4-H_Events/SFD/SFR/



You may enter any or all of the four categories. Here are the category descriptions:

Traditional:

The focus of the Traditional category is to showcase the member's sewing skills and ability to coordinate an outfit. The entry may be a single garment or coordinated pieces. Sometimes an entry will be one sewn piece with a purchased piece (i.e. a sewn jumper and a purchased blouse.) If the entry has additional sewn garments which cannot be worn together, the additional garments may be carried during the fashion show. At the state level, this entry must be sewn by the member as part of their clothing and textile project.

Accessories such as hats, shoes or jewelry will be evaluated as part of the outfit. Props such as bears, pillows or books are not appropriate for judging and will not be evaluated as part of the outfit.

Consumer Science, Purchased Outfit:

Be a wise consumer! Create an entire outfit without spending more than \$40.00 including jewelry accessories and shoes. Receipts are required for all visible garments and accessories. (Sales tax is not counted toward the limit. No prior purchases may be used; all receipts must be dated during the 2014-2015 program year. Receipts from yard sales may be hand written).

Check out garage sales, thrift stores or consignment shops. Bring your own special touch to your outfit that makes it unique and individually YOU! There are no project requirements.

Upcycled:

This category involves taking at least one existing garment and turning it into a completely new, different, and usable garment. The outfit must also include an accessory made from something that wasn't originally an accessory. *A before photograph is required showing the beginning garment.*

Refashioning [clothes](#) and accessories is a great way to revamp your wardrobe on a budget. Instead of throwing away unwanted pieces of clothing or household items, be innovative and transform them into items you can actually wear.

Ideas include:

- A dress from a man's shirt with embellishments from neckties
- Transform a t-shirt into a ruffled shrug
- A prom dress made from men's tuxedo pants and a silk scarf
- Pants from an old jacket using the buttons to fasten the new pockets
- A hat made from a sweater (accessory)
- A belt made from [jeans](#) (accessory)
- A shoulder bag from pants (accessory)
- Jewelry from paper clips, pull tabs, and newspaper (accessory)



Stripe/Print/Plaid Challenge:

Choose any 2 of the 3 fabric designs (stripe, print, and plaid) and incorporate them into one or more sewn garments. If one garment is sewn, it must include 2 of the 3 choices. If multiple garments are sewn, the 2 choices can be in one garment, more than one garment, or one garment each. The addition of other fabric is allowed (ex: solids, other prints/stripes/plaids, etc.). Polka dots are a print. Consider construction techniques for stripes and plaids, the placement of prints, harmonious combination of fabrics and current style trends. Include handmade or purchased garments and items to complete the outfit. The entry must be created by the member as part of the 4-H Clothing & Textiles project. (New for 2017)

Knit Challenge:

Construct a wearable garment out of knit fabric. Any fabric content is allowed (cotton, polyester, wool, rayon, blend, etc.) and any type of knit (single knit, double knit, rib knit). This is not a hand-knit garment; it is a garment that is sewn, serged, or otherwise constructed using a knit fabric. Some woven fabrics contain spandex threads which make them stretchy so they are more comfortable but they are still woven fabrics. This Challenge is for a knit fabric, not woven. See the pictures on the SFR website to help identify a knit fabric. Include handmade or purchased garments and items to complete the outfit. Open to all 4-H members with no project requirement. (New for 2017)