



**SOUTH DAKOTA STATE
UNIVERSITY EXTENSION**

2025 Special Foods

Contestant Packet



AUGUST 28-30, 2025

Registration deadline: August 12, 2025

**South Dakota State Fairgrounds, Huron, SD
Nordby Exhibit Hall for 4-H, Youth, and Community**

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A big thank you to the Oven Lovin' Challenge supporters.
Your generosity is fueling the future of our young 4-H Chefs!

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2025 Special Foods Contestant Packet



Qualification

Refer to the Special Foods Handbook and State Fair Book for information about participating in and qualifying for State 4-H events. The 4-H Special Foods Handbook includes rules, nutrition knowledge and guidelines for preparing exhibits.

Special Foods Contest Challenge: Revive with 5 [or Fewer Ingredients]

The **Revive with 5 Challenge** promotes healthy eating habits and encourages busy families to cook at home. By preparing quick and easy recipes that meet recommended servings and promote healthy eating patterns, families have more quality time to spend at the dinner table.

It's like a recipe for a perfect family gathering! By sharing meals at home and cooking together, we build stronger bonds and make room for meaningful conversations. It's a healthy habit that nourishes both our bodies and our relationships.

Challenge Highlights:

- Recipe must meet the minimum requirements of the special foods contest (as outlined in the handbook and scoresheet).
- Participating members will prepare a recipe with 5 or fewer (minimum of 3) ingredients.
- Participants will be asked additional challenge questions with their own set of points. These points will be used to determine a top recipe from the shift and will have no impact on the 100 points associated with the contest score and ribbon placing.

Required Contestant Forms

One (1) copy of each of the following forms must be completed and submitted to your local county 4-H office before **August 12, 2025**. Use the hyperlinks below to download copies of the forms.

- Special Foods Registration Materials (submitted to your county office on **WHITE PAPER**):
 - Recipe Worksheet
 - Serving Size Worksheet
 - Menu Worksheet
 - Cost per Serving Worksheet (**seniors only**)

***Seniors Only**, the cost per serving worksheet assists with budgetary considerations when preparing meals. Only include on the worksheet the recipe ingredients being used for the Special Foods Contest. Do **NOT** include other menu items on the worksheet.

- "MyPlate Plan" (**WHITE PAPER**). To create a "MyPlate Plan":
 - Create a customized "MyPlate Plan". To create a customized plan:
 - Enter myplate.gov/myplate-plan into the URL of your web browser
 - Click on **START** at Get Your MyPlate Plan.
 - Enter your age, sex, weight (in pounds), height (feet & inches), and select a physical activity level from the dropdown list; then click 'Calculate Food Plan'
 - Click on the calorie level suggested to obtain your MyPlate Plan.
 - Click download to obtain your MyPlate Plan.

Food Group	Amount
Grains	4 1/2 cups
Vegetables	2 cups
Fruits	2 cups
Protein	5 ounces
Dairy	3 cups

- Include *MyPlate Plan* with other contestant forms.
Be sure to include name, age, physical activity level (in minutes/day) and county on the print out.
- Repeat process as needed for additional Special Foods contestants in your family.

State Fair Family Entry Process

Entries must be registered by August 12th in Fair Entry. No adjustments will be allowed after this deadline.

Families must register through FairEntry; choose one shift and answer applicable questions.

The **Revive with 5** participants will select from the following shifts:

- Shift 7; Friday from 2:30-4 pm
- Shift 10; Saturday from 12:30-2 pm

Non-Revive with 5 challenge recipes scheduled in Shift 7 or Shift 10 might be reassigned to make room for challenge participants.

Revive with 5 recipes entered in another shift will not be eligible for awards.

Please note, the shift you selected will be your assigned shift. The State 4-H Office and the Special Foods Committee reserves the right to adjust the shift schedule if necessary. Please submit Special Foods forms to your county office on **WHITE PAPER** by August 14th.

Shift Schedule

SHIFT	DAY	TIME
1	Thursday	10:30 a.m. -12 p.m.
2	Thursday	12:30-2 p.m.
3	Thursday	2:30-4 p.m.
4	Friday	8:30-10 a.m.
5	Friday	10:30 a.m.-12 p.m.
6	Friday	12:30-2 p.m.
7*	Friday	2:30-4 p.m.
8	Saturday	8:30-10 a.m.
9	Saturday	10:30 a.m.-12 p.m.
10*	Saturday	12:30-2 p.m.
* = Identifies Revive with 5 Challenge shifts		

County Entry Process

The county office will be responsible for mailing legible copies of the forms to:

Codington County Extension/4-H
Attn: Special Foods
1910 West Kemp Ave.
Watertown, SD 57201

- **4 copies** of age appropriate division score sheet with the top portion completed (**WHITE PAPER**)
- **5 copies** of the "Recipe Worksheet" (**LIGHT PINK PAPER**)
- **2 copies** of the "Menu Worksheet" (**LIGHT BLUE PAPER**)
- **1 copy** of the "Serving Size Worksheet" (**LIGHT YELLOW PAPER**)
- **1 copy** of the "MyPlate Plan" (**WHITE PAPER**)
- **Seniors Only*: 1 copy** of the "Cost per Serving Worksheet" (**WHITE PAPER**)

County Offices - Please remind your exhibitors of their selected shift by reviewing the most current schedule posted to the SDSU Extension website. Changes to the selection made at registration will only be reflected on the event schedule and not in FairEntry.

Entries must be postmarked by **August 13, 2025**.

Contest Reminders

Cell phones are not a permitted timer.

Food Group

When selecting a food group consider the following:

- A serving of your recipe must include at least one serving from the food group in which it is entered.
A food that falls primarily into the fats, sweets, and/or alcohol group will not be accepted. Use the resources in the Special Foods Handbook to determine if your recipe qualifies for the contest.

Place Settings

- Beginners: Centerpieces are **NOT** required. If a Beginner participant chooses to include a centerpiece, it will be judged.
- **All place settings will remain up through the current shift and can be removed following the presentation of ribbons.**

Thermometers and Safe Cooking Temperatures

More detailed information can be found in the Special Foods Handbook under the **Types of Food Thermometers** and **Recommended Protein Cooking Temperatures** section.

State Special Foods Contest and Award Location

The 2025 State Special Foods Contest will be held at the Nordby Hall with awards following the participant's shift.

Due to food safety and allergies the finished product will not be shared with other contestants or the public at the conclusion of each shift.

Bring a container with lid in order to take home the remainder of your recipe if you so choose.

You may want to consider a separate container or large zip top bag to transport dirty dishes as **washing facilities are not available.**

Parents will not be allowed to enter the kitchen until the time has expired or all contestants have completed the contest.



**SOUTH DAKOTA STATE
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Beginner – Special Foods



Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

Knowledge or Skills	Points		Comments
Nutrition Interview	28		
Choose MyPlate – know the 5 basic food groups	5		
Know the 6 main nutrients	6		
Know the main vitamins and/or minerals present in your recipe (at least 1)	2		
Know the number of servings or the amount for each food group based on your age and activity level	5		
Know how recipe ingredients match up with <i>MyPlate</i>	5		
Snack or meal menu provides foods from at least 2 food groups	2		
Special Foods Worksheets completed and accurate	3		
Food Quality	20		
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10		
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5		
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5		
Aesthetics and Hospitality	20		
Place setting is correct, including serving dish or pitcher	5		
Place setting is appropriate for occasion chosen	4		
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures, theme	3		
Recipe and snack or meal menu organized and neatly written on an index card. Display next to place setting.	2		
Plate, bowl, or glass contains appropriate serving size for the food prepared	4		
Exhibit appropriately garnished	2		
Technique	32		
Personal Grooming	4		
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	6		
Knowledge of food preparation and techniques	6		
Knowledge of food safety issues and procedures – food thermometer used if preparing recipe with raw meat or eggs	6		
Organization, neatness, and personal safety	7		
Able to finish in 90 minutes	3		
TOTAL	100		

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

Judge's Initials _____



**SOUTH DAKOTA STATE
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Junior – Special Foods



Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	35	
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level	5	
Know the 6 main nutrients and one function in the body for each nutrient	9	
Know the main vitamins and/or minerals present in recipe prepared (at least 2)	2	
Name the 4 dietary guidelines	6	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Know how recipe ingredients match up with <i>MyPlate</i>	2	
Junior Menu provides foods from at least 4 of 5 different food groups	4	
Special Foods Worksheets completed and accurate	2	
Food Quality	20	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality	20	
Place setting is correct, including serving dish or pitcher	4	
Place setting is appropriate for occasion chosen	3	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	3	
Centerpiece appropriate in proportion to table décor and place setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	4	
Exhibit appropriately garnished	2	
Technique	25	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	5	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues and procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dish	7	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	2	
TOTAL	100	

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

Judge's Initials _____



**SOUTH DAKOTA STATE
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Senior – Special Foods



Day: _____ Shift: _____ Time: _____ Revive with 5 participant? Yes No
 Name: _____ County: _____ 4-H Age: _____
 Years in Club Work: _____ Years in Project: _____ Food Group: _____
 Recipe Name: _____ # of Servings: _____
 Place Setting Occasion: _____ If using protein: _____

Knowledge or Skills	Points	Comments
Nutrition Interview	42	
Choose MyPlate – know the 5 basic food groups and number of servings or the amount for each food group based on your age and activity level	5	
Know the 6 main nutrients and at least 2 functions of each of the 6 main nutrients	12	
Know the main vitamins and/or minerals present in recipe prepared (at least three)	3	
Name the 4 dietary guidelines and at least 1 way to achieve each of them	8	
Know how recipe ingredients match up with <i>MyPlate</i>	2	
Able to describe appropriate serving sizes for foods in each of the food groups	5	
Senior Menu meets minimum daily requirement for my MyPlate Plan	4	
Special Foods Worksheets completed and accurate	1	
Cost per serving worksheet completed and accurate.	2	
Food Quality	20	
Taste – Appealing flavor, proper serving temperature, balanced seasoning appropriate for the dish	10	
Variety – textures (crisp, chewy, hard, soft), tastes (salty, spicy, mild, sweet)	5	
Appearance of individual serving – attractive, color, shapes, garnish, looks inviting (eye appeal)	5	
Aesthetics and Hospitality	18	
Place setting is correct, including serving dish or pitcher	4	
Place setting is appropriate for occasion chosen	3	
Design – coordination of tableware (dishes, utensils, mats and napkins). Consider color, shape, textures	3	
Centerpiece appropriate in proportion to table décor and place setting	2	
Recipe and meal menu organized and neatly written on an index card. Display next to place setting.	2	
Plate, bowl, or glass contains appropriate serving size for the food prepared	3	
Exhibit appropriately garnished	1	
Technique	20	
Personal Grooming	3	
Correct weighing and/or measuring techniques (at least 3 ingredients, and no more than 2 pre-measured)	2	
Knowledge of food preparation and techniques	5	
Knowledge of food safety issues & procedures for preparing foods in food group entered – food thermometer used if preparing raw meat or egg dishes	6	
Organization, neatness, and personal safety	3	
Able to finish in 90 minutes	1	
TOTAL	100	

Revive with 5	15 points
What value do recipes with fewer ingredients and limited prep/cook time offer?	6
Is this a recipe you will continue to make into the future? Why or why not?	4
Did you pare down the recipe to fit the Revive with 5 category? How?	2
Were you able to prepare this recipe with items you had in your pantry? How?	2
Does this Revive with 5 recipe provide a minimum of 2 and maximum of 6 servings?	1

Circle Appropriate Ribbon Placing			
Purple (100-92)	Blue (91-85)	Red (84-75)	White (74-below)

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Special Foods Recipe Worksheet



Name _____ County _____ 4-H Age _____

Food Group _____ Recipe Name _____

Age Division: _____ Indicate number of servings: ☐ 2 ☐ 3 ☐ 4 ☐ 5 ☐ 6

Please write the exact recipe to be prepared for the Special Foods Contest in the area provided below. Include the ingredients, amount of each ingredient, and complete directions to prepare the dish. **Please indicate the size of your can/jar/package in ounces.**



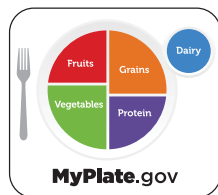
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Special Foods Serving Size Worksheet



MyPlate

<https://www.myplate.gov/myplate-plan>



Name: _____

County: _____ 4-H Age: _____ Age Division: _____

Recipe Name: _____ # of Servings _____

Food Group Selected: _____

Step 1: List the amount of each ingredient in your selected food group (circled above). **Complete only one of the columns below.**

Step 2: Total the amount (cups or ounces) in the recipe for all of the ingredients in the **food group** you selected.

Step 3: Divide the **Total Cups or Ounces** (depending on the food group) by the number of servings in the recipe.

Step 4: Check “**Yes**” if your recipe contains the minimum serving size for the food group or “**No**” if it does not. All recipes entered in the Special Foods Contest must meet the minimum number of servings for the food group that was selected.

GRAINS Expressed in ounces or ounce equivalents	VEGETABLES Expressed in cups	FRUITS Expressed in cups	DAIRY Expressed in cups	PROTEIN Expressed in ounces or ounce equivalents
_____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least one ounce per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least ½ cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least ½ cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total Cups in recipe _____ ÷ Servings in recipe _____ = Cups per serving Is there at least 1 cup per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No	_____ Total ounces in recipe _____ ÷ Servings in recipe _____ = Ounces per serving Is there at least 1½ – 2 ounces per serving? <input type="checkbox"/> Yes <input type="checkbox"/> No

NOTE TO 4-H MEMBER: Be prepared to answer questions on the recommended daily amounts from the food group you select.



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Special Foods Menu Worksheet



Name: _____ County: _____ 4-H Age: _____

Recipe Name: _____

Place Setting Occasion: _____

Directions: Write your menu below. Keep in mind the guidelines for writing menus. Label each meal (**Beginners:** snack or one meal; **Juniors:** one meal; **Seniors:** a full day menu.)

Judge's Initials



Clara Clover
Name

Green
County

14
4-H Age

Potato Hotdish
Recipe Name

Number of Servings Recipe Makes (2-6): **6**Age Division: **Senior**[illegible]

**Fill in the gray cells only

[Link to unit convertor calculator](#)

Total Recipe Cost	\$	6.10
Cost per Serving	\$	1.02