**Favorite Foods Show CHECKLIST**

Friday, June 9, 2017

Set-up 1pm, Conference Judging 2pm

FCS Judging 1-4 pm

All located in Courthouse Basement

**BEFORE THE EVENT:**

* REGISTER online or with Extension Office by June 1st if you would like to participate!
* Practice setting up your exhibit
* Study the nutritional value of the foods on your menu
* Study food safety procedures you would need to take while preparing and serving your meal
* Prepare your favorite food
* Prepare Note Cards (Menu and Favorite Food recipe)

**ITEMS**

* Card Table
* Table Covering
* Centerpiece
* Appropriate dishes
* Appropriate silverware
* Napkin
* Note Cards
  + Favorite Food Recipe
  + Menu
* Prepared Favorite Food item

**EXHIBITOR**

* Attire
  + Looks clean, clothing corresponds with the theme/occasion of the table setting
* Knowledge
  + How to prepare and serve the foods on menu (especially favorite food)
  + Nutritional value of the meal
  + Portion sizes
  + Food safety
* Traits
  + Be friendly, confident, and excited about what you are presenting!
  + Don’t forget to SMILE!!! ☺
* Time
  + Arrive to the Courthouse between 1:00 and 1:30 pm so you have ample time to set up! Conference Judging begins at 2:00pm.
  + Think about whether or not you would like to attend the area contest (June 20 in Emporia) if given the opportunity.