



## SEPTEMBER 3-5, 2026

Registration deadline: August 1, 2026

### 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!

4-H Leaders of Hutchinson County | Ann Vostad, Volga, SD | Aurora County 4-H Leaders Association | Beadle County 4-H Leaders Association | Bon Homme County 4-H | Broadland Buddies 4-H Club, Beadle County | Brookings County 4-H | Brookings County 4-H Leaders Association | Brown County 4-H Leaders Association | Codington County 4-H Leaders Association | Country Cousins 4-H Club, Lake County | Country Swingers 4-H Club, Lake County | Country Wranglers 4-H Club, Hutchinson County | Day County 4-H Leaders Association | Deb Sundem, Watertown, SD | Deuel County 4-H Leaders Association | Edmunds County 4-H Leaders Association | Feldhaus Trucking Inc, Howard, SD | Friends of Miner County 4-H Leaders Association | Grant County 4-H Leaders Association | Hamlin County 4-H Leaders Association | Jason & Ginger Knutsen, Volga, SD | Julie Foster, Garden City, SD | Jr. Busy Bee's 4-H Club, Grant County | Kingsbury County 4-H Leaders Association | Lake County 4-H Leaders Association | Lincoln County 4-H Leaders Association | Marshall County 4-H Leaders Association | McPherson County 4-H Leaders Association | Michael & Kari Puffer, Hitchcock, SD | Moody County 4-H Leaders Association | Prairie Winds 4-H Leaders Council, Hughes-Stanley County | Richard & Dorothy Peterson Memorial, Miner County | Roberts County 4-H Leaders Association | South Dakota State Fair Foundation | Susan VanderWal, Bruce, SD | Turner County 4-H Leaders Association | West Sioux II 4-H Club, Brookings County



## 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.

## NEW Special Foods Contest Supporter: Local Dairy Partner

A local, farmer-owned dairy partner will support the 2026 4-H Special Foods Contest by providing a limited supply of dairy products for use by state fair contestants.

Available products include:

- 1% white milk
- Cottage cheese
- Sour cream
- Cream cheese (block)
- Half & Half
- Heavy whipping cream

These products are locally made and farmer owned.

An opportunity to order dairy ingredients will be available through FairEntry during the state fair registration window. Additional details will be provided as part of the registration process.

Thank you to our local dairy partner for their generous support of the 2026 4-H Special Foods Contest. Their commitment helps ensure a positive and successful learning experience for our 4-H members.

## 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 1, 2026**. 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
  - Daily Servings Guide (**WHITE PAPER**)
  - 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.

## State Fair Family Entry Process

Entries must be registered by August 1st 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 (these shifts are open to all participants regardless of a Revive with 5 recipe):

- Shift 7; Friday from 2:30-4:00 p.m.
- Shift 10; Saturday from 12:30-2:00 p.m.

**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 1st.

### 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 "Daily Servings Guide" (**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 3, 2026**.

### 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 2026 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.**



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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.**



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?	Total cups in recipe ÷ Servings in recipe = Cups per serving Is there at least ½ cup per serving?	Total cups in recipe ÷ Servings in recipe = Cups per serving Is there at least ½ cup per serving?	Total Cups in recipe ÷ Servings in recipe = Cups per serving Is there at least 1 cup per serving?	Total ounces in recipe ÷ Servings in recipe = Ounces per serving Is there at least 1½ – 2 ounces per serving?
Yes      No	Yes      No	Yes      No	Yes      No	Yes      No

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



# Special Foods Daily Servings Guide



Name: \_\_\_\_\_

County: \_\_\_\_\_ 4-H Age: \_\_\_\_\_ Age Division: \_\_\_\_\_

Recipe Name: \_\_\_\_\_ # of Servings \_\_\_\_\_

Food Group Selected: \_\_\_\_\_

The daily calorie needs depend on many factors, including height, weight, gender, and physical activity levels. The amounts of recommended servings in each food group varies for each calorie level. The amount of calories and servings from each food group you need for optimal health vary. For the general public, a 2,000-calorie diet is the standard used for reference by the Nutrition Facts Label and for educational purposes.

Serving Size Examples:

GRAINS	VEGETABLES	FRUITS	DAIRY	PROTEIN
2-4 servings	3 servings	2 servings	3 servings	3-4 servings
<ul style="list-style-type: none"> <li>• 1/2 cup cooked oats, brown rice, barley, quinoa or buckwheat</li> <li>• 1 slice of bread</li> <li>• 1 tortilla</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup raw or cooked</li> <li>• 2 cups leafy greens</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup raw</li> <li>• 1/2 cup dry</li> </ul>	<ul style="list-style-type: none"> <li>• 1 cup milk</li> <li>• 3/4 cup yogurt</li> <li>• 1 oz. cheese</li> </ul>	<ul style="list-style-type: none"> <li>• 3 oz. cooked meat, poultry or seafood</li> <li>• 1 egg</li> <li>• 1/2 cup beans, peas or lentils</li> <li>• 1 oz. nuts or seeds</li> <li>• 2 tbsp nut or seed butter</li> </ul>

**List foods you like to eat that fit into each of the food groups.**

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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.)

