Program Introduction/ Purpose: NYS Fair ‘Produced in New York’ (PiNY) program is designed to showcase the wide variety and use of agricultural products grown or produced New York. PiNY is a marvelous opportunity for youth, ages 8 – 19 years of age, to demonstrate their food preparation skills while promoting a tasty recipe featuring New York State food products. During the PiNY program, individual 4-H members do a “silent demonstration” concurrently with at least one other presenter. The PiNY experience helps younger 4-H’ers feel more comfortable presenting to a State Fair audience; provides older youth with the opportunity to tackle more complicated recipes; helps youth develop their skills and knowledge of food prep and presentation, and challenges youth to create an original recipe using NYS agricultural products. Youth must be 8 – 19 years of age to participate in this program, and will receive an Exhibitor Premium for participation. Youth 8 – 12 years of age are entered in the junior division; youth 13 – 19 years of age are considered senior presenters. Age is determined as of January 1. PiNY Coordinator will complete and turn in the Premium Report for participants. Due to time and space limitations, each county may register 8 individuals (total); additional members are to be listed on the ALTERNATES section of the registration form, in order of preference of invitation for participation. PiNY Coordinator will contact the county Educator as soon as openings are available for alternates to participate.

Recipe Selection:

- Recipes should follow U.S. Dietary Guidelines / My Plate, and feature product/s produced in NYS (fruit, vegetables, grains, milk products, meat, eggs, honey, maple syrup, etc.).
- Originality – Creativity and imagination help make foods appealing and tasty. Participants are encouraged to use recipes from 4-H projects, family recipes or your own variation. You may be asked to explain the source of your ‘statement of origin”, as well as changes made, family preferences, etc.
- Recipes taken from a cookbook bring up the issue of copyright concerns. To make it an original, three changes or modifications must be made to the recipe. (Examples: slightly more cinnamon, omitting salt, using honey in place of sugar).
- Participants are encouraged to use recipes with lower amounts of sugar, fat, sodium, and increased amounts of fiber and complex carbohydrates. Consider using fortifiers and those ingredients, which add nutritive value, such as vegetables, fruits, nuts, whole grains, etc.
- Alcohol cannot be used in the recipe (see Rules and Regulations in Youth Building Exhibits book, #5)
- Fresh fruits and vegetables can come from a home garden, farm market/stand or the grocery store; other ingredients must be commercially processed (no home canned foods).
- To complete the full evaluation of the demonstration, including product sampling, all meat must be processed in a state inspected facility.

Equipment: participants are expected to furnish supplies and equipment necessary to prepare and exhibit their product, including trays, extension cords, potholders, etc. Ranges, ovens, microwave and refrigerators will be available for participants to use. Contestants should plan accordingly.

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Presentation:
- Generally, two participants prepare their product before the audience at the same time, in a silent non-verbal presentation. Participants should be aware that the Program Coordinator and the public may be asking questions. A poster listing the products grown or produced in NY will increase the audience’s knowledge and will enhance your presentation.
- Time allotment: up to 40 minutes. Each participant will utilize their time according to the complexity of their particular recipe. Participants are encouraged to use a variety of demonstration skills.
- Participants are expected to demonstrate how to measure one liquid and one dry ingredient, as well as other (age-appropriate) food preparation skills. Additional ingredients can be premeasured.
- At the conclusion of the presentation, participant will indicate verbally “this concludes my presentation”. They will then ask the audience for questions or comments. Once all questions have been answered, participant will move their finished product to the assigned (display) area, and immediately clean up their demonstration area.

Product:
- The finished product will be displayed upon conclusion of the presentation.
- The finished product may be prepared and brought from home: OR may be the result of the demonstration itself.
- Product will be on display for viewing only, so please consider an attractive setting.
  - In the interest of public health and safety, we are not allowed to offer samples to the public.

Recipe: Participants are asked to provide 50 copies of your recipe for the public; be sure to cite your sources.

Dress:
- Dress appropriately for a food demonstration. No long sleeves or loose clothing. Clothing should be neat and simple. It is recommended that an apron be worn. A short-sleeved, white shirt or blouse is recommended. (No shirts with a slogan.) Avoid wearing jewelry on hands and arms, or any jewelry that is dangling or distracting. Wearing a watch is fine.
- Hair should be worn away from the face and secured with a hair net, scarf or hat.
- Appearance and clothing should not be distracting.
- Coordinating colors (towels, apron, labels, containers, scarf or hat) all add to the total effect.
- Plastic or latex gloves are not required. But, it is expected that participants will demonstrate proper hand washing /sanitizing techniques at the beginning of their demonstration.

Evaluation Criteria: Check out these evaluation pointers to help you prepare for your demonstration.

- **Recipe**: complete and easy to follow, promotes a New York grown/produced product, follows U.S. Dietary Guidelines, source is properly cited, and ingredients are listed in order of use.
- **Finished product**: overall appearance, attractive presentation.
- **Demonstrator**: appearance, poise /ability to respond to questions asked.
- **Preparation**: organization (orderly plan of work and placement of equipment); techniques and manual skills.
- **Work area and results**: work area neat, with demonstration techniques in full view of audience.

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General Food Demonstration Suggestions:

- Demonstrate hand washing / sanitizing techniques at the beginning of the demonstration.
- Use suitable containers for ingredients
  - Loosen or remove caps and tops before beginning
  - Cover commercial labels or use uniform containers with labels identifying ingredients.
  - Label ingredients such as salt, sugar, and baking powder, so you don’t make a mistake. It helps to label both front and back so both you and the audience can read them.
  - Use transparent or clear bowls whenever possible.
  - Choose the best equipment for the job (ex. Standard measuring and mixing equipment)
  - Use rubber spatula to clean bowls.
  - Work quietly (cloth under bowl deadens sound; wooden spoons are quieter than metal ones).
  - Be neat (example: work on wax paper and use paper bag for waste).
  - Bring a damp cloth or sponge for spills to be used as needed.
  - Cover trays with towels at the beginning and end of your demonstration.
  - Remember to look at your audience! Smile and make eye contact.
  - Use safe and proper measuring techniques and preparation skills.