



Pantry Power

UNDERSTANDING THE
UPDATED FOOD
CHALLENGE CONTEST

2019 - 2020

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▶ *Key Ingredient & Category Information*

Teams will retrieve their category, key ingredient, and key ingredient cost from a bag on their table. This information will be provided on a piece of paper or index card.

CATEGORY	MAIN DISH
Key Ingredient:	Tilapia
Quantity:	2 Filets
Cost:	\$2.99 per filet

▶ *Clover Cash*

Teams will retrieve their CLOVER CASH from the same bag as their key ingredient. CLOVER CASH will mimic “play money” and have the denomination listed. The denominations will not be announced prior to contest. Teams will receive instructions like those below:

“Your team has \$5.00 in CLOVER CASH to spend at the pantry. CLOVER CASH is only available in a \$.50 denomination. You will have 10 - \$.50 “bills” to be used in the pantry. Remember, you must purchase and use at least 2 items from the pantry but can purchase more if you do not exceed the \$5.00. The maximum amount of items you may purchase from today’s pantry is 5.”

The pantry fee does not include the cost of the key ingredient. In other words, teams have a total of \$5.00 to spend in the pantry. They will then need to add their pantry expenses to the key ingredient cost prior to determining cost of dish and individual serving.

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▶ *Pantry Pricing & List*

Pantry directions and options will be announced during orientation. Pantry options include having one central pantry for all categories or having individual pantries for categories.

Teams will retrieve the pantry price list either from their bag or from the folder containing contest resources. The price list will include all items available for “purchase” in the pantry, along with their price. Pantry prices will be in even increments such as \$.50, \$1.00, \$1.50, etc.

Teams should decide on what items they want to retrieve from the pantry BEFORE they go to the pantry. This will cut down on congestion.

Teams should also think about alternatives to the ingredients they have selected to retrieve from the pantry in case those selected items are “out of stock.” Just because it is on the pantry list, it is not guaranteed to be available if other teams have depleted the stock. This is no different than a situation that could happen in the grocery store.

The pantry will be restocked so each heat begins with similar quantities.

At Texas 4-H Roundup, teams will not see common seasonings, spices, and oils on the pantry list. These items usually contribute minor cost to a dish; therefore, they will not be included in the cost analysis.

*To expedite the pantry process at county or district, it is recommended pantry “purchases” be limited to 3-5 items, especially for younger age groups.

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▶ *Pantry Trip*

Once the team decides which ingredients they will use from the pantry, it is time to go shopping! One team member should go to the pantry with the team pantry list (with items and quantities denoted) and CLOVER CASH.

Teams must take the total quantity of pantry ingredient listed for the price shown; however, teams do not have to use the entire quantity. For example, if the pantry item says $\frac{1}{2}$ cup flour/\$.50, you must take the entire $\frac{1}{2}$ cup flour and pay the entire \$.50. This is the same concept of shopping in a grocery store. If you only use $\frac{1}{4}$ cup

► *Pantry Trip continued...*

of the flour, then you would only figure \$.25 into the cost analysis. Remember, you can't just open a bag of flour or carton of eggs in the grocery store and remove only what you need or only what you want to pay for.

On the other hand, if tomatoes are priced at \$.50 per tomato, teams may "purchase" 3 tomatoes for \$1.50 of their CLOVER CASH.

Note: items such as flour, sugar, some produce, etc. will be pre-measured and pre-packaged for teams in disposable containers.

There are no returns or refunds at the pantry. All "sales are final" meaning teams should think critically and carefully about what they wish to "purchase" from the pantry.

Below is a sample pantry list, quantities, and prices that teams may see. Pantry lists are not standard and will vary from contest to contest.

Sample Pantry List & Pricing

Item	Unit Size	Cost
Roma Tomatoes	1 Tomato	\$.50
Yellow Bell Pepper	1 Bell Pepper	\$ 1.00
Zucchini	1 Zucchini	\$.50
Fennel	1/2 bulb	\$ 1.50
Milk	1/2 cup	\$.50
Greek Yogurt	1/2 cup	\$.50
Mozzarella Cheese	1/2 cup	\$.50
Capers	1/4 cup	\$.50
Flour	1/2 cup	\$.50
French Bread	1 loaf	\$ 1.50
Butter	2 TBS	\$.50
Fresh Green Beans	1/2 pound	\$ 1.50

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► *Determining Number of Servings*

Once teams have finished preparing their dish, they should determine how many servings their dish contains. All dishes **MUST** contain a minimum of two servings.

Prior to the contest, teams should be encouraged to explore recipes, cookbooks, etc. for common serving sizes of common dishes such as soups, salads, one-dish meals, etc. This will give them a reference point of servings for their dish created during the contest.



► *Cost Analysis*

Once teams have “purchased” their items from the pantry, determined quantities to be used, determined unit prices for those quantities, and figured number of servings for dish, it is time for cost analysis!

Below is an example of a cost analysis for a “Tasty Tilapia” dish created by the 4-H Supper Stars Food Challenge team. This example is based on the sample key ingredient and pantry list/pricing shown above.

Name of Dish: Tasty Tilapia

Number of Servings: 4

Total Cost of Dish: \$10.73

Cost per Serving: \$2.68

Here is what the Supper Stars used in their dish and their cost analysis.

Ingredient Used	Original Quantity	Original Cost	Quantity Used	Total Cost
Tilapia	2 Filets	\$2.99 per filet	2 filets	\$ 5.98
Roma Tomatoes	1 tomato	\$.50	3 tomatoes	\$ 1.50
Butter	2 TBS	\$.50	1 TBS	\$.25
Fresh Green Beans	1/2 pound	\$1.50	1 pound	\$ 3.00
TOTAL for DISH				\$ 10.73
Cost per Serving (Total cost divided by # of servings)				\$ 2.68



► *Sample Clover Cash*

Clover cash is valued at \$.50 to make pantry purchases easier. Clover cash may be in paper or “coin” format; this will be left to the discretion of each contest committee.



\$.50



\$.50



\$.50



\$.50



\$.50



\$.50



\$.50



\$.50



\$.50



\$.50

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