

Purchase Power

Our 2011 Purchase Power State Contest will be held at the Maryland State in the 4-H Building/ Home Arts Building on Saturday, August 27th at 2 p.m.

SECTION VI – PURCHASING POWER CHALLENGE

Superintendent: Sandy Corridon Phone: 301-314-7363 Email: corridon@umd.edu

Section Rules & Regulations:

1. There is a \$5.00 participant fee required for this event.
2. The contest will begin at 2 pm in the 4-H/Home Arts Building on Saturday, August 27th.
3. Each 4-H office may enter a Team of 4 members or individuals **in each age group**.
4. If a 4-H office does not have enough 4-H Members in a particular age division for a team, there are 2 options: (a) a Mixed Ages Team may be entered. The age of the oldest member in the team will be used to determine the age division for the team; (b) the 4-H members may enter the contest as individuals.
- 5 Each Contestant will judge three or four classes and may give Oral or Written Reasons for one class.
- 6 The top ten teams and the top twenty individuals will be recognized.

SPECIAL AWARDS

- A Trophy will be presented to the High Individual in each age division, *sponsored by the Maryland State Fair.*
- Trophies will be presented to the members of the High Team in each age division, *sponsored by the Maryland State Fair.*

2011 CLASSES:

Peanut Butter - Junior/ Intermediate/ Senior

http://en.wikipedia.org/wiki/Peanut_butter - good source of information
definition

health

<http://peanutbutterlovers.com/> - check out Out with the Food Pyramid

<http://www.peanutbutter.com/> - learn about a peanut butter recall.

Kids Corner - Fun Facts

History

Allergy Info

Pots & Pans - Intermediate/ Senior

(different surfaces: cast iron, Farberware, dupont) use and how they can be used/cleaned, value, durability.

http://www.only-cookware.com/top_cookware_sets.html - rates top 3 stainless steel and non-stick cookware sets by consumer views.

<http://recipes.howstuffworks.com/tools-and-techniques/questions-about-pots-and-pans.htm>

- Questions about Pots and Pans.

- Watch the video.
- Which cookware is best?
<http://www.youtube.com/watch?v=Z2pU3lo38xI> You Tube - watch the chef as he talks about pots and pans to have in your kitchen.
<http://www.goodhousekeeping.com/food/cooking/kitchen-equipment-101> - get the Good Housekeeping review of pots and pans.

Kitchen Utensils - as the ID class -

Juniors - will identify basic kitchen cooking/baking utensils

Intermediates - will identify the basics and a few special use utensils

Seniors - will identify the basics and an assortment of special use utensils.

<http://www.amazon.com/kitchen-utensils-gadgets-cooking-tools/b?ie=UTF8&node=289754> - you don't need to buy any - but you can certainly VIEW all sorts of kitchen utensils.

<http://www.acehardware.com/family/index.jsp?categoryId=1306304> - Ace Hardware is another good site to view an assortment of kitchen utensils.

Beach Towels - Juniors/ Intermediates/ Seniors

http://www.ehow.com/how_2209313_select-beach-towel.html - get some tips on what to look for when buying a beach towel.

<http://www.articlekx.com/how-to-choose-the-highest-quality-beach-towels/>

Dairy Foods - Juniors/ Intermediates/ Seniors

<http://www.choosemyplate.gov/> - click on the Dairy (glass of milk!)

- Explore the food group
- What is a serving
- How many are needed / day / person
- Health benefits
- Nutrients
- Good Choices

LEARN / ENJOY / GROW / DEVELOP CONFIDENCE / AND SKILLS in your consumer purchasing power!!!