



## 7 Tips About Food in Heritage Fairs Projects:

*Food needs to be displayed in a special way to comply with health regulations.*

*Please consider only including food in your display if it is what your project is about (such as the evolution of poutine) or closely tied to what your project is about (such as a restaurant, chocolate factory, or food company). Not every display needs to have candy or food included!*

First of all, not every Regional Fair allows food. Many Regional Fairs take place in museum display areas where food is not allowed. Consider “**If I were not allowed to have food in my display, what would I have in my display instead?**”

1. **If your project is not about food or something food-related, you do not need to include food or candy in your display!** There is nothing in the rubric about food and it will not drastically improve your score. Judges need to be able to pay attention and ask questions, which is difficult to do while eating. Consider including items such as artefacts, photos, or a model into your display rather than a bowl of candy or a tray of cookies.
2. **If your project is about food or something food-related, you still do not need to have samples!** Plenty of excellent projects about food-related topics have not included actual food in the display. Consider including photos of the food or model versions instead. Unopened, non-perishable packages (i.e. a bag of chips, a box of chocolate, a can of soup, a can of ginger ale) can be included in displays as well. Any food items, opened or unopened, need to be put away when the student is not at their display.
3. **Consider providing judges and visitors with something to take home to remember your project instead!** Food is tasty, but only lasts a few seconds. Instead, consider giving the judges and visitors something to take home. It serves as a thank-you gift as well as something to remind them about your project. Some examples: information sheets, postcards, trading cards (such as hockey or baseball), pins, posters, etc.

If you still want to include food in your display:

1. **Make it simple!** Rather than homemade food, consider items like chips or candies that are pre-packaged individually. Commercially packaged, individually wrapped candies can be left out in displays and do not need to be served. However, the package with the list of ingredients still needs to be displayed.
2. **You need to have a list of ingredients!** For purchased items like candy, the package has the list of ingredients already available. Make sure it is in your display! For homemade items, make sure to list all ingredients used.
3. **Do not leave food out!** Hot food needs to be kept hot and cold food needs to be kept cold. Any food remaining after the judging needs to be eaten immediately or put away and **not** put back in the display for the public viewing. No food storage is available on any Regional Fair premises. Do not bring any food that requires cooking appliances be included in your display (including popcorn-makers).
4. **You must follow regulations!** Students need to have disposable gloves and tongs to serve actual food at their displays. (Students are responsible for bringing these.) Food must be covered when not being served and students must wear hairnets.