

4-H FOOD RECIPES

THIS IS AN INDIVIDUAL EVENT AND MUST BE ENTERED IN THE INDIVIDUAL'S NAME (ex. John Smith).

DIVISION - CLOVERLEAF 4-H FOOD RECIPES

DIVISION - JUNIOR 4-H FOOD RECIPES

DIVISION - SENIOR 4-H FOOD RECIPES

CLASSES

- 01 Snack
- 02 Dessert
- 03 Entrée

CONTEST GOALS:

1. Challenge 4-H'ers to think creatively about food and cooking by developing recipes
2. Educate 4-H'ers about the cost of food, and what it takes to feed a family.
3. Provide youth and families across Georgia with a "recipe bank" for inexpensive, nutritious meals.

CONTEST RULES:

1. This is an individual event.
2. An index card must accompany the entry with the 4-H member's name, grade, county, division and class number in which the item is to be exhibited.
3. One copy of the recipe on an 8 1/2 x 11 inch sheet of paper. (Can be submitted as hard copy or electronically)
4. **All entries must submit a photo of the completed recipe for judging.**
5. Recipes must be submitted in standard format. All ingredients must be listed (including measurements) in the order they will be used in preparation of the dish. Preparation instructions must be listed clearly. The recipe should list ingredients and amounts to be used, the number of servings it makes, and directions for making the snack.
6. Class Descriptions:
 - a. **Snack:** 4-H'ers will create a recipe for a "No Cook Snack".
 - b. **Dessert:** 4-H'ers will create a recipe for a dessert.
 - c. **Entree:** 4-H'ers will create a recipe for a dish /entrée.
7. Criteria for judging this category can be found on the scorecard on page 13.



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EXTENSION

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The University of Georgia 4-H program is the largest youth leadership organization in the state.
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Recipe Format Tips:

- Type or print legibly.
- List all ingredients in order of use in ingredients list.
- Include container sizes, for example, 16 oz. pkg. or 20 oz. can.
- Use standard abbreviations for measurements.
- Keep directions in paragraph form - not in numbered steps.
- Use names of ingredients in the directions, for example, “Combine flour and sugar.” DO NOT use statements like “Combine first three ingredients.”
- Include temperatures and cooking, chilling, baking, and/or freezing times.
- Remember to bring three typed copies of your recipe on 8 1/2 x 11 paper
- Make sure your name, county, telephone number, and the name of the contest are printed clearly on the back of each recipe.
- **No copyrighted recipes allowed.**

Examples of standard abbreviations:

pt. = pint
qt. = quart
pkg. = package
env. = envelope
c. = cup
ctn. = carton
tsp. = teaspoon
T. = tablespoon
oz. = ounce
lb. = pound
gal. = gallon
doz. = dozen
sm. = small
md. = medium
lg. = large



4-H Food Recipes Score Card

Name: _____

County: _____

Division (circle one): Cloverleaf Junior Senior

Class (circle one): Snack Dessert Entree

Recipe Title: _____

<u>Criteria</u>	<u>Description</u>	<u>Point Value</u>	<u>Score</u>
Items in Recipe	<ul style="list-style-type: none">• Relatively low in fat and calories• Healthy snack, dessert or entrée alternative	25 points	
Appeal	<ul style="list-style-type: none">• Appealing in appearance• Appetizing recipe• Product displayed/presented invitingly	25 points	
Creativity	<ul style="list-style-type: none">• Creative/innovative recipe• Unique ingredients used• Imaginative idea	25 points	
Budget	<ul style="list-style-type: none">• Budget-Friendly Recipe• Relatively low in cost for number of servings in snack/dessert/entrée	25 points	
Notes for 4-H member:			Total Score:



4-H FOOD RECIPE ENTRY FORM

NAME: _____ COUNTY: _____

DIVISION (circle one): CLOVERLEAF JUNIOR SENIOR AGE: _____

ADDRESS: _____

TOWN/CITY: _____ STATE: _____ ZIP CODE: _____

RECIPE CRITERIA (List the Food Items that your recipe contains): _____

RECIPE TITLE: _____

BRIEF DESCRIPTION OF YOUR RECIPE (explain why is it a unique, nutritious, tasty and budget-friendly): _____

TYPE OF DISH (circle one): No Cook Snack Dessert Entrée

YIELD: _____ Servings

RECIPE PREPARATION TIME: _____

RECIPE: Ingredients, Measurements and Instructions:

Ingredients & Measurements: _____



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Recipe Instructions: _____

*****PHOTO (Please attach a photo of your recipe along with this form)*****

4-H'er Signature: _____

4-H Leader Signature: _____