



Georgia 4-H Peanut Recipe Contest
Madison County Extension/4-H
Objectives and Guidelines
Due: January 4-H Meetings

Objectives:

- To develop leadership abilities, build character, and assume citizenship responsibilities.
- To develop skills for utilizing peanut products creatively in recipes.
- To acquire knowledge of nutritional value and versatility of peanut products.

Guidelines:

Cloverleaf (Grades 4-6):

1. Each participant **must submit a recipe** for his/her favorite peanut butter sandwich in the county contest by the January 4-H Meeting or bring to the 4-H office.
2. **BEFORE** the recipe may be submitted, 4-H'er **must have made the sandwich at home**. Any recipe with inedible items will be disqualified.
3. The recipe should **list ingredients yielding 1 sandwich**, with directions for assembling the sandwich. Recipes can be written or typed on the Georgia 4-H Peanut Recipe Contest Recipe Entry Form or on a separate piece of paper.
4. Recipes will be judged on **nutrition, appeal, creativity, recipe presentation, recipe content, and appropriateness for category**.
5. Winners will be selected in a county contest as follows: One Overall Winner and winners in the 3 categories of Most Nutritious, Most Unusual, and Most Creative.

Junior (Grades 7-8):

1. Each participant **must submit a recipe** for his/her favorite **uncooked snack containing a peanut product** to the county contest by the January 4-H Meeting or bring to the 4-H Office.
2. The recipe should **yield 1 serving and must include a minimum of either 1/4 cup peanuts (any kind: raw, roasted, salted, dry roasted, chopped or ground); or 2 T. peanut butter or other peanut products**. Recipes can be written or typed on the Georgia 4-H Peanut Recipe Contest Recipe Entry Form or on a separate piece of paper.
3. Recipes will be judged on **nutrition, appeal, creativity, recipe presentation, recipe content and appropriateness for category**.
4. Winners will be selected in a county contest as follows: One Overall Winner and winners in the 3 categories of Most Nutritious, Most Unusual, and Most Creative.

**For more information, contact Madison County Extension/4-H Office
at 706-795-2281**

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

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution



Georgia 4-H Peanut Recipe Contest
Recipe Entry Form

Name _____ Grade _____ School _____

Division:

Cloverleaf (4th-6th Grade) _____

Junior (7th and 8th Grade) _____

Category:

_____ Most Nutritious

_____ Most Unusual

_____ Most Creative

My Recipe:

Title:

Ingredients:

Directions:

For more information, contact the Madison County Extension Office at 706-795-2281.

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

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution