

# Junior Cooks Contest

Sponsored by: Winneshiek County Public Health Nursing Service

Wednesday, July 10<sup>th</sup>, 2019

Variety Tent-3:30 pm

Ages: 11-16

1<sup>st</sup> Prize-\$25.00 2<sup>nd</sup> Prize-\$15.00 3<sup>rd</sup> Prize-\$10.00

## Rules:

1. They must be homemade.
2. They **must contain at least two** of the following: a protein, a dairy product, a fruit or a vegetable.
3. There is not an entry fee.
4. **You must arrive a half hour before the judging for registration in the variety tent beginning at 3:00.**
5. You need to have made enough for 10-12 servings, small plates, forks, & napkins will be provided.
6. You must bring the recipe with your name and address on the back.
7. The recipe and food will become property of Winneshiek County Public Health.
8. **Please** bring in a disposable container.