

# Junior Cooks Contest: Party Dips

For ages 11-16

1. Entries must be homemade.
2. Entries should be made on the theme of Party Dips. Creativity is encouraged.
3. Entries must contain **at least 3 of the following: a protein, a dairy product, a fruit or a vegetable.** Points are awarded for extra fruits and vegetables.
4. You may bring your item up to one-half hour before the judging.
5. Please bring your entry in a disposable container.
6. Please bring enough for 10-12 servings. Plates, forks, spoons and napkins will be provided.
7. There is no entry fee. Cash prizes will be awarded as follows: 1<sup>st</sup> place: \$25; 2<sup>nd</sup> place \$ 15; third place \$ 10.
8. You must bring the recipe with your name and address on the back.
9. The recipe and food become the property of Winneshiek County Public Health.