

CREATIVE COOKS

Division 100

Department 105

Friday, July 31

8:30 a.m. – 11:00 a.m.

Event Center, Morgan County Fairgrounds, Brush

RULES:

Eligibility:

1. All 4-H members are eligible to participate. Creative Cooks is not restricted to members enrolled in foods projects.
2. Ages of Exhibitors:
Junior: Ages 8 to 10 as of January 1, 2009
Intermediate: Ages 11-13 as of January 1, 2009
Senior: Ages 14-18 as of January 1, 2009
Cloverbud: Ages 5 -7 as of January 1, 2009

Entries:

1. Complete rules and entry form will be included with fair packet.
2. Entries due **Wednesday, July 16**. Entries can be submitted by email, FAX, mail or in person.
3. **An accurate recipe for the food to be prepared must be submitted with the entry form.**
4. Participants will be notified by July 24 of their scheduled judging time.

Exhibit:

1. Participants will plan a menu for a meal and prepare 1 dish from the menu.
2. Entries in Colorado Specialty class must use one or more of the following specialty foods produced in Colorado: amaranth, quinoa, popped wheat, sesame seed, blue corn, sunflower seeds, Anasazi beans, mung beans, black turtle beans, adzuki beans, edible soybeans, or tofu. Game meat must be catchable (fish) or huntable (venison) in the wild. An entry using venison must have copy of CWD test results.
3. A menu poster (no larger than 8-1/2 x 11") must be part of the display.
4. Exhibitors must provide the complete exhibit, including table, table covering, centerpiece, and appropriate place setting for the planned meal.
5. A food item can **NOT** be used as part of the centerpiece.

6. Entire exhibit must fit within a 4' square area.
7. Cloverbud Division: Entries will plan a snack of a no-bake/no-cook snack. Snack will be displayed using appropriate table covering and place setting for the theme of the snack meal.

Judging:

1. Only contestants will be allowed in the preparation and judging area.
2. Exhibitors should be prepared to answer questions about menu, food preparation, food safety, and nutritional value of the menu.
3. Judging of Creative Cooks will be on creativity, table display, nutrition, exhibitor appearance, menu, food safety, and appearance, flavor and quality of prepared food.
4. Exhibitors should dress appropriately for meal planned and/or theme of meal, and should be neat and well groomed.
5. After judging is completed, exhibits will remain on display for the public to sample entries. The member is to remain with the exhibit to answer questions until Creative Cooks is over. Failure to remain for public display may result in forfeiture of premium.

Awards & Premium:

1. Awards for junior, intermediate and senior divisions will be on the American System with placing given for 1st through 5th.
2. Premium will be \$3.00 for participation.
3. Awards will be announced at the conclusion of judging.
4. Champion entries in each class (except Cloverbuds) qualify to compete in State Creative Cooks on Saturday, August 29 at State Fair.
5. State Fair Entries are due to the Fair Office by Wednesday, August 5 so State Fair can schedule participants.

Classes:

Junior Division

1. Individual Entry
4. Team Entry
7. Colorado Specialty - Team or Individual

Intermediate Division

21. Individual Entry
24. Team Entry
27. Colorado Specialty - Team or Individual

Senior Division

- 41. Individual Entry
- 44. Team Entry
- 47. Colorado Specialty - Team or Individual

Cloverbud Division

- 61. Individual Entry
- 64. Team Entry
- 67. Colorado Specialty - Team or Individual

JUNIOR GRAND CHAMPION**CREATIVE COOKS**

Sponsor: Memories Restaurant, Fort Morgan

INTERMEDIATE GRAND CHAMPION**CREATIVE COOKS**

Sponsor: Roger Schaefer, CPA, Fort Morgan

SENIOR GRAND CHAMPION**CREATIVE COOKS**

Sponsor: Olde Tyme Country Store, Brush
Mike Dixon & Bruce Bass