

“Dish This!” Contest Rules

1. Pre-entry is not required. You may enter on the day of judging, Thursday, July 18.
2. An entry fee of \$1.00 per exhibit must be paid when entry is made.
3. Any 4-H member (boy or girl) is eligible to enter. Member does not have to be enrolled in the 4-H Foods and Nutrition project.
4. The purpose of this contest is to involve young people in promoting the use of Iowa grown food products.
5. Exhibitor's entry must be prepared, ready to serve dish (equivalent to one full recipe) containing as many Iowa grown products as possible. Examples of Iowa-grown products include, but are not limited to: Dairy, Beef, Pork, Lamb, Poultry, Soybean and Corn products. Other products to consider may include: homegrown garden vegetables or harvested Iowa wildlife
6. Entries may fit into one of the following categories: **Appetizers and Snacks; Salads or Sides; Main Dishes; Breads; or Desserts.**
7. Exhibitors are requested to submit the recipe on an 8 ½” x 11” paper and bring a serving spoon with the dish.
8. Exhibitor is limited to only one entry per category. Members may enter a maximum of five exhibits. Exhibit may be plated and presented to judge as a single serving.
9. If appropriate, exhibitors are requested to use disposable baking/serving dishes. The Franklin County 4-H Organization and the Franklin County Fair Board will not be responsible for dishes damaged, forgotten, lost, etc.
10. Baking/serving dishes and recipes must be labeled with the 4-H member's name and club. Labels should be in an inconspicuous place.
11. Each member will be asked to bring his or her exhibit to the judge and be prepared to answer the questions below. Any member unable to be present for the conference will be required to put a 3x5 card on their dish with answers to the following questions:
 - a. What Iowa-grown products are in this dish?
 - b. Why would you serve this to your family?
 - c. What is the total cost and cost per serving?
 - d. Why is this dish nutritious?
 - e. What can I do to promote Iowa's products?
12. Judging basis: taste, recipe content, ease of preparation, nutritive value, appearance, and originality.
13. The public is encouraged to observe all or part of this event. All dishes will be displayed for a short time immediately following judging to be sampled by the public. Recipes will be displayed for the public to copy.
14. If there is no competition in a lot, no dish shall receive a higher premium than its merit demands.
15. Dishes may be entered between 9:30 – 10:00 a.m. on Thursday, July 18, at the presentation area in the Youth Exhibits Building. Judging will begin at 10:00 a.m.
 - Lot 1— All Categories — Junior Section (Grades 4, 5, 6)
 - Lot 2— All Categories — Intermediate Section (Grades 7, 8)
 - Lot 3— All Categories — Senior Section (Grades 9, 10, 11, 12)

Special Awards:

Outstanding dish, each category, each lot: Purple ribbon
Showmanship, one per category: Purple ribbon