

2022
ARKANSAS DAIRY FOODS
CONTEST



Dairy Foods Contest Youth Cooking Contest
Official Rules

1. The Dairy Foods Contest is sponsored by the Arkansas Farm Bureau Federation.
2. The contest will be divided into two categories: Main Dish and Party Ideas
3. Each Arkansas county may enter one recipe in each category.
4. Each entrant must be:
 - A. 9-18 and in the 4th-12th grade as of January 1, 2022. Homeschooled students are eligible to participate.
 - B. Certified by the county Farm Bureau or by the county Extension agent.
 - C. Willing to participate in the state cook-off if their recipe is selected for the finals.
 - D. In future years, former first place winners in a category will not be eligible for competition in that category, but may enter the other category.
5. County winners may be selected in a manner deemed most suitable to each county.
6. State contest entries will be judged on the following categories according to the rubric included in the booklet. Counties can use the rubric for the selection of county winners or may use their own criteria.
 - A. The importance of dairy in the dish— Enhancement of recipe by use of dairy products - Use of pasteurized milk and dairy foods (eggs, margarine, nondairy creamers, and nondairy whipped toppings are **NOT** dairy foods). Look for the “**Real**” seal on dairy packages. The “Real” seal is your assurance of a real dairy food.
 - B. The ready availability of the ingredients.
 - C. Accuracy of the recipe (including exact measurements, preparation instructions, ingredient list in order of usage, correct temperature and cooking time, including their preferred method of cooking the rice in the dish)
 - D. Correct preparation and craftsmanship-correct basic preparation of food, practical preparation methods, and punctual delivery of each entry at the appointed time is required.
 - E. Presentation of the Dish-Tell the judges what you cooked, why you like it, how it features dairy and how dairy improves the dish.
 - F. Degree of difficulty and creativity-Technique and creativity involved in the production of the dish.
 - G. Serving suggestions and other ideas on entry blank. Original ideas for serving and other ideas given on entry blank will receive consideration.
7. The top 4 winners in each category will submit a 5-7 minute video showcasing their recipe and their knowledge of cooking with dairy and preparing their dish. A rubric is included here for use in preparing videos.
8. Each contestant must follow the recipe they entered in the contest.
9. The deadline for entries is June 3, 2022. Finalists will be notified of their selection no later than June 20, 2022.
10. Prizes will be awarded in each category as follows: First place, \$150; Second place, \$125; Third place \$100; Fourth place \$75.
11. All recipes and entries become the property of Arkansas Farm Bureau and may be used by them in any manner.
12. The decision of the judges is final.

Official 2022 Entry Form - Arkansas State Dairy Foods Contest

PLEASE PRINT ALL INFORMATION CLEARLY

Name: _____

Age: _____ County: _____

Address: _____

City: _____ State: _____ Zip: _____

Parent's Names: _____

School/Group: _____

Address: _____

City: _____ State: _____ Zip: _____

Contact Name: _____ Phone Number: _____

All Questions Should be Answered

Name of Recipe: _____

Have you prepared the recipe before? _____ If so, for how many people? _____

What were some of the groups? _____

Source of recipe: _____

What changes did you make to recipe? _____

Please answer the following with 50 words or less:

Why I like my recipe: _____

Describe the occasion and other menu items you would serve with this recipe: _____

CERTIFICATION

(By County Dairy Committee or Extension Agent)

I certify on behalf of _____ (contestant) that this is the official entry of
_____ County in the _____ Division for the 2022 State Dairy Foods Contest.

Print Name: _____ Signed: _____

Address: _____

Phone: _____ Email: _____

Note: Certification must be completed on entries submitted for the State Dairy Foods Contest.

Mail Entry to: Arkansas Farm Bureau Federation, Attn: Amber Woodall, PO Box 31, Little Rock, AR 72203.

Email Entry to: amber.woodall@arfb.com

DO NOT FORGET: Please attach a copy of your recipe (written or typed) on a single sheet of paper with your name and address at the top. **DEADLINE FOR ENTRY IS: June 3, 2022**

Arkansas Dairy Foods Contest Score Sheet

Contestant: _____

Judge: _____

RECIPE	Possible	Score
Ready availability of ingredients	10	
Clearness and accuracy of recipe	10	
Enhancement of recipe by use of dairy product	20	
Degree of difficulty	5	
Creative use of ingredients	5	
Total	50	

Video		
Overall communication skills	20	
Displayed knowledge of cooking with dairy	10	
Displayed knowledge of preparing their recipe	10	
Dish presentation-is the dish showcased in an appetizing way	5	
Does the dish presented seem to accurately portray their recipe	5	
Total	50	

Recipe Score _____

Video Score _____

Total Score _____

ORDER FORM
DAIRY FOODS CONTEST COUNTY PRIZES

Please mail this page, or email the following information to:

Amber Woodall
Arkansas Farm Bureau Federation
P.O. Box 31
Little Rock, AR 72203
amber.woodall@arfb.com
501-228-1300

_____ Yes, my county will conduct a Dairy Foods Contest!
Please send two county prizes.

Name: _____

Title: _____

Street: _____

City: _____ County: _____

ZIP code: _____ Signature: _____