



# What's Cooking In 4-H???

## Produced In N.Y. State Foods Contest

**Saturday, October 24, 2009**

Plan to participate in this year's Produced in New York Food Contest on **Saturday, October 24<sup>th</sup>** at Cornell Cooperative Extension Education Center. Registration will start at 8:30 a.m., the contest will begin at 9:00 a.m.

**REGISTRATION DEADLINE IS FRIDAY, OCTOBER 16<sup>th</sup>.**

In order to learn about nutrition and practice food presentation skills, 4-H members will present a **silent food demonstration**, promoting items from the Empire State. All contestants will prepare recipes at the same time, without talking. Participants will be allowed 50 minutes to demonstrate.

### **Age categories (as of 1/1/10)**

Juniors: 8 - 12 years old

Seniors: 13 - 19 years old

The major ingredient of the recipe must feature a product grown or produced in NY State - such as fruits, vegetables, dairy or meat. Participants should consider U.S. dietary guidelines when selecting their recipes.

During the silent demonstration 4-H'ers are judged on organization, neatness, proper use of equipment and manner of preparing the food. The finished product is judged on nutritional value, appearance and taste! This is your chance to be **creative** and have **fun** at the same time!

**Gifts for all!!** Winners of the contest will also be invited to prepare their recipes at the 2008 New York State Fair in Syracuse!

**THE 4-H OFFICE HAS DETAILED INFORMATION!**

**CALL 786-2251 AND SIGN UP TODAY!!!**

**MENU PLANNING AND NUTRITION STATEMENT NOT NEEDED!!**



### **What foods are produced in New York State?**

DAIRY PRODUCTS

APPLES

TOMATOES

CHERRIES

GRAIN(CORN,

OATS, WHEAT)

EGGS

SNAP BEANS

LETTUCE

ONIONS

MAPLE SYRUP

HONEY

BEEF, PORK, LAMB

SWEET CORN

CAULIFLOWER

POTATOES

DRIED BEANS

CABBAGE

BEETS

GRAPES

CARROTS

PEAS

FISH

GREEN BEANS