



4-H WASATCH FRONT

COOKING

CONTESTS



USU Extension 4-H invites youth from across the Wasatch Front to participate in two 4-H cooking competitions.

JAN. 28, 2017

The Legacy Events Center
151 South 1100 West
Farmington, Utah

FAVORITE FOODS

3RD - 12TH GRADE

Contestants will be judged on the selection, knowledge, and presentation of a favorite food.

HEALTHY CUISINE

5TH - 12TH GRADE

Contestants will use creative talents in planning and preparing a quick, nutritious meal in 1 hour (from preparation to cleanup). Individual or team registration.

Prior 4-H membership
IS NOT REQUIRED

\$30 for non 4-H members
\$20 for registered 4-H members
(t-shirts included with registration)

Registration Deadline:
MONDAY,
JAN. 9, 2017

To register and for more details, visit extension.usu.edu/WasatchFront or contact susan.adams@usu.edu.

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