



COLORADO STATE UNIVERSITY  
EXTENSION

# 4-H Creative Cooks



This contest is open to any enrolled 4-H members and do not have to be enrolled in a 4-H foods project.

Counties may enter one entry in each age division as listed for a maximum of 12 entries per county. A county may enter both a team and an individual in each age division for the Colorado Specialty Foods Category.

Contestants participating in other contests may still participate in Creative Cooks as long as they can arrange to be available for the judging period for their age group and before the judges begin final consultations.

Contestants may enter as an individual or as a member of a team, but not both.

Juniors, 8-10 years old will compete first, followed by their awards, then Intermediates, followed by their awards and then Seniors followed by their awards.

A tentative schedule will be emailed to all contestants during the week prior to the contest.

## Resources and Links

- [Creative Cooks Contest Requirements](#)
- [Creative Cooks Guide](#)
- [Colorado Specialty Foods Division](#)
- [Contest Judging Score Sheets](#)



**Set One Place Setting Appropriate  
to the Meal - the table should be  
set for just one person for  
judging purposes**

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