



2022 SUPER SATURDAY

CREATIVE COOKS CONTEST ENTRY FORM

Saturday April 23, 2022

Setup at 8 AM-Contest Starts at 9 AM

Application Deadline: Wednesday April 6, 2022

Return entry forms to: Douglas County Extension Office

Attn: Sylvia Worcester
410 Fairgrounds Rd.
Castle Rock, CO 80104

or email Sylvia Worcester sylvia.worcester@colostate.edu

Or register online: <https://douglascsuextension.wufoo.com/forms/z1axc7c41e136xe/>

Please use **ONE** form for each **Individual, Team and Group contest entry** (copy this form as needed). Each member may enter more than one event. (i.e. one individual, one team and one group, one team and one group or one group and one individual). Cloverbuds may not enter as part of a team with members ages 8 thru 18. NOTE: All ages are as of December 31, 2021. Late entries will not be accepted. Individuals may not participate as an individual and as a team member at the State Fair. If you are participating in the Colorado Specialty Food division, please check it off as well as your age division.

4-H Club: _____

Please check division entering.

Please check here if entering more than one event

TEAM (2 people): Teams must enter the age group of the oldest member of the team.

<input type="checkbox"/> Cloverbud	Ages 5 – 7	Name: _____
<input type="checkbox"/> Junior	Ages 8 – 10	City: _____
<input type="checkbox"/> Intermediate	Ages 11 – 13	Phone: _____
<input type="checkbox"/> Senior	Ages 14 – 18	E-mail Address: _____

<input type="checkbox"/> Colorado Specialty Food Division	Name: _____
	City: _____
	Phone: _____
	E-mail Address: _____

Exhibit Theme: _____

INDIVIDUAL:

Cloverbud Ages 5 – 7
 Junior Ages 8 – 10
 Intermediate Ages 11 – 13
 Senior Ages 14 – 18

 Colorado Specialty Food Division

Name: _____

City: _____

Phone: _____

E-mail Address: _____

Exhibit Theme: _____

CLUB GROUP: *Groups do not move on to State Fair. There will be no limit on group size.*

Name of Club: _____

Club Contact (member): _____

Address: _____

Phone: _____

E-mail address: _____

Exhibit Theme: _____

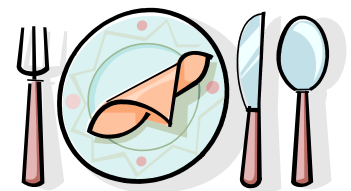
ATTACH MAIN RECIPE TO THE ENTRY FORM

2022 CREATIVE COOKS CONTEST GUIDELINES

1. The purpose of the contest is to learn about meal planning, food safety and nutrition.
2. Each 4-H'er can enter more than one event - individual division (1 person), team division (2 people) or club group (no limit) **but**, they may participate in only one event at State Fair, either as an individual or as a team member. **Group contestants do not participate at the state level.** Please check the box on the entry form if you are entering two divisions in the County Contest.
3. Please include your main recipe with each of your entry forms.
4. **Registration begins at 8:00 AM. and judging at 9 AM.** A schedule of the events will be emailed to participants one week prior to the contest.
5. **Members are to do all set up and food preparation by themselves.** Adults cannot help contestant set up their display. To do so may forfeit all awards. This includes helping prepare foods in the kitchen, verbal coaching, and etc. Adults may assist in carrying items into and out of the building and during clean up to expedite the conclusion of the contest.
6. **Cloverbud guidelines differ slightly. Please read further for those guidelines.**
7. Entrants are required to thoroughly clean their space at the conclusion of the contest. Be sure to bring all necessary cleaning supplies.

CREATIVE COOKS PROCEDURES

1. Plan a menu for a meal (for example, but not limited to, breakfast, brunch, lunch, dinner, barbecue, picnic, high tea, campout, sports game, holiday or birthday party).
2. Set one place setting appropriate for the meal selected. Each contestant will be allowed a 48" square for a display area. Groups will be allowed a larger space. All props must fit within the designated space. No food, real or artificial, will be used as a centerpiece or part of the centerpiece. Contestant/Team **must provide a card table** if needed as part of presentation. A poster, foam core board or display board detailing the entire menu must be included (no larger than 8-1/2" x 11"). It is helpful if the menu is on a sturdy material that stands alone. A menu in a picture frame could also be used.
3. Exhibitors will prepare a food item in advance and be ready to exhibit the food item during a scheduled time before the judge(s) at the Contest. The judge(s) briefly interview participants regarding exhibits, and what they have learned in preparing the exhibit. The participant should not begin or end with a prepared speech or demonstration without being asked to by the judge(s).
4. Exhibitors are asked to display one serving of their prepared food in the proper dish. Exhibitors are encouraged to garnish the one serving as it might be served. The judge should not be served from this displayed serving, but rather given a taste from another serving. Disposable dishes and utensils should be used (not a part of your table service) to serve a sample of your food item to the judges.



5. Preparation guidelines:
 - A. Prepare and bring only one food item from your menu (individual), two food items (Teams-county level only, State requires 1 item for Teams), and one item per participant (Group)
 - B. No commercially prepared food items are acceptable.
 - C. Be prepared to serve food item(s) to judge(s) on separate disposable serving dishes/pieces. Do not use any part of your table setting for serving.
 - D. Do not provide samples of the food to the general public due to public health codes.
 - E. If hands are going to touch food while serving to the judge, exhibitor should use disposable plastic gloves. Do not use disposable gloves throughout the set up and judging process. They do not remain sanitary very long under such conditions.
6. Food – all food used for Creative Cooks should be brought from home. In selecting the item to be prepared, consider how the item will be transported to the Contest safely and attractively. Judges may refuse to sample any food items they feel are unsafe to eat.
7. Kitchen – the kitchen at the Contest is a “warming kitchen” and is extremely limited so do as much food preparation as possible at home. A microwave is available to be used for warming only. There is also a refrigerator available if needed. Leave the kitchen clean when finished.
8. Judging will be based on:
 - A. Exhibitor – well groomed; understands meal planning
 - B. Menu – balance for flavor, color, texture, shape and nutrition
 - C. Prepared dish – appearance, flavor and quality
 - D. Table Setting – attractive; suitable for meal
 - E. Knowledge of nutrition
 - F. Food safety
 - G. Creativity

Adults cannot help contestant do prep work in the kitchen or set up display. To do so may forfeit all awards won. They may help transport heavy or breakable items, boxes, etc., as needed.

NOTE: Juniors and Intermediates are not to prepare deep fat fried foods due to safety concerns.

SAMPLE MENU

Fiesta Burrito
South of the Border Spanish Rice
Spicy Amigo Avocado
Mucho Churro
Lemon Water

Sample questions

The ages of the participant(s) will be considered. Judges may ask the contestant(s) questions such as:

"Have you served this meal to your family?"

"Why did you choose this centerpiece?"

"Tell me how your menu fits the food guide My Plate?"

"Would you tell me why you think this is a nutritious meal?"

"How would you get this dish to a picnic and be sure it would be safe to eat?"

"Why did you choose to prepare this dish instead of one of the other items on your menu?"

For a team:

"How did you divide the responsibility for preparing this meal?"

Colorado Specialty Foods Division:

Members entered in this category must use the one Colorado Specialty food highlighted for this year. The product must be a **major** ingredient in the recipe to qualify for this division. Ingredients such as oil used to brown meat, as a garnish, or in a small amount in the recipe do not qualify as a major ingredient.

The 2022 Colorado Specialty Food is: cooked Dried Beans

2022 Contest Ingredient is Beans (Dry Beans)

Dry Beans are annual legumes grown for their seed. The following beans are considered dry beans: navy beans, light red kidney beans, great northern beans, pinto beans, black turtle soup beans, Anasazi beans, and others.

The principle dry bean market class grown in Colorado is pinto beans. Weld County is ranked #1 in the state in production of dry edible beans. The Southwest region harvests mostly pinto and Anasazi dry beans in seven different counties. The counties in Southwest Colorado producing the most dry beans are Dolores, Montrose, and Montezuma.

Colorado dry beans are famous for their bright, vibrant color and delicious flavor and ranks ninth nationally in dry bean production.

CHECKLIST OF ITEMS TO BRING

___ serving pieces

___ potholders

___ menu display (poster)

___ dish towels and dish cloths

___ disposable dish & flatware to serve judges

___ centerpiece

___ card table (individual, teams & groups if needed)

___ glassware

___ cleaning supplies

___ apron

___ tableware

___ appropriate linens

___ copies of recipe

___ prepared dish

___ disposable gloves

AWARDS

Douglas County exhibitors will receive 1st – 3rd place ribbons if judged as such. **Individual and team champions (1st place) in each division will earn the right to participate and represent Douglas County at the 2022 Colorado State Fair in August.** Cloverbuds are awarded participation recognition.

QUESTIONS

Call Sylvia Worcester, 720-733-6940 or email her at sylvia.worcester@colostate.edu with any questions.

CLOVERBUD CREATIVE COOKS GUIDELINES

Cloverbud members may enter Creative Cooks as an individual, or as a member of a team or group or both. **Cloverbuds may not enter as part of a team with members ages 8 thru 18.** They will have an opportunity to talk to a judge but will not be judged.

⚙ Cloverbuds must supply their own table. ⚙

A 36" card table is needed for individuals and teams and a larger table for group entries if the theme needs a table. **Parents may help Cloverbuds only!** They may help with their cloverbud's set-up and take-down but **may not** help in any way during judging.

Talking to the judge

The Cloverbud judge will ask the members to share information about their entry. These are samples of questions that may be asked:

- "Tell me about your exhibit (theme, food, etc.)"
- "Who helped you prepare your exhibit?"
- "Did you have fun fixing the food?"
- "What do you like about cooking?"
- "What part of the My Plate guidelines are your foods from?"

