

Rowan County 4-H Casserole Cook-off

The 4-H Cook-off will give participants the opportunity to create a casserole and enter it for judging.

This event is open to all Rowan County youths ages 5-18 (as of January 1).

Divisions

- A. Cloverbud (ages 5-7)
- B. Junior (ages 8-13)
- C. Senior (ages 14-18)

Categories

- 1. Entrees
- 2. Appetizer/Side Dish
- 3. Dessert

*Age as of their birthday on January 1, 2021

General Rules:

- Participants should make their home-made Casserole Cook-off item at home on Sunday, December 4. The casserole must be completely prepared at home.
- All necessary ingredients and items needed must be purchased by the participant and/or their family.
- Participants may enter only one of the three categories. Pick the one that fits best!
- **All Casserole Cook-off entries should be baked in a disposable, aluminum container. Whatever you turn in to us will NOT be returned (food or dish).**
- The size of the casserole is up to you! The casserole submission should be whole (nothing scooped out or removed, looks like it just came out of the oven) and should have enough food for 2-4 servings.
- You must provide a copy of your recipe WITH your entry upon submission. Please include the recipe name, ingredients, instructions, and approximately how many servings the recipe provides.
- **DO NOT put your name on your entry or recipe.** Once you arrive, we will label your entry.
- **All completed entries are due to the Extension office during one of the following drop off times:**

-Sunday, December 4 from 3-4 PM only

-Monday, December 5 from 8-10 AM only

If the item is not received during one of the above dates/times, the entry will not be judged. The address is 2727 Old Concord Road Salisbury, NC 28146. Our office is in Suite A, or you may find us in the building's main lobby.

- Prizes will be awarded!

Must Pre-register by: Thursday, December 1, 2022

Registration: Please login to 4-HOnline. If your child is already an approved member, then “view” their profile and then click on “events” to register. If your child is not already in 4-HOnline as a member, please enroll them first.

****MUST include recipe on the registration form so that a recipe booklet can be made for all participants!****



Cooperative Extension's
Youth Development Program

Judge's Signature: _____