

# 2007 San Juan County 4-H Favorite Food Show

Monday, April 16 - 6:00 p.m.

Set Up Begins at 5:00 p.m. at McGee Park (You may prepare your recipe at home)

## Contestant Entry Form

**Deadline:** Tuesday, April 10, 2007 to San Juan County Ext. Office

Name \_\_\_\_\_ Club \_\_\_\_\_  
\_\_\_\_\_ Novice \_\_\_\_\_ Junior \_\_\_\_\_ Senior

Name of Favorite Food \_\_\_\_\_

Check One Category: \_\_\_\_\_ Nutritious Snack or Beverage \_\_\_\_\_ Bread

\_\_\_\_\_ Sandwich \_\_\_\_\_ Main Dish \_\_\_\_\_ Salad \_\_\_\_\_ Fruit or Vegetable

\_\_\_\_\_ Uniquely New Mexico (Novice and Junior only)

(No desserts allowed)

- Include a **typed** or neatly printed copy of your Favorite Food recipe with this entry form. (List of ingredients, including amounts, directions, number of servings. Seniors need to add cost per serving, total cost and calories)
- Check here if you are going to bring your recipe already prepared.
- Total time needed to prepare the entire recipe on site at the contest.** \_\_\_\_\_
- Kitchen appliances needed to prepare your recipe** (refrigerator, freezer, oven, cook top, or microwave) **Small kitchen appliances and utensils will not be provided.**

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### Planning Tips

- Always consider food safety in transporting recipe ingredients to the contest and when preparing the recipe on site.
- The contestant is responsible for bringing all ingredients, utensils, dishes, table covering, potholders, towels, dishcloths, and other preparation or display items needed for the contest. **Do Not Assume** forgotten items will be available at the contest. Contestants must clean the kitchen area before leaving the contest.
- Contestant order will be based on total time needed to prepare each Favorite Food.

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NMSU and the U.S. Department of Agriculture cooperating.



If you are an individual with a disability who is in need of an auxiliary aid or service, please contact Lynne Beam, Extension Home Economist at 505-334-9496 at least 48 hours prior to program.