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**Arby’s Foundation, Georgia Food Bank Association and Georgia 4-H   
Pantry Pride Recipe Contest**

**Contest Goals:**

1. Raise awareness among 4-H’ers about poverty, hunger and the underprivileged in Georgia.

2. Challenge 4-H’ers to think creatively about food and cooking by developing recipes using ingredients commonly found in Georgia Food Banks.

3. Educate 4-H’ers about the cost of food, and what it takes to feed a family.

4. Provide youth and families across Georgia with a “recipe bank” for inexpensive, nutritious meals.

**General Rules:**- 4-H’er’s who have been previous winners or finalists in this contest may enter again, and are also eligible to win or place again, but must use a totally different recipe. Any recipes published in the 4-H Pantry Pride Cookbook from previous years may not be entered in the contest again.

**Contest Categories:**

***Senior 4-H Pantry Pride Contest:*** 4-H’ers in the 9th – 12th grades will create a recipe for a cooked snack, dish or entrée using at least three ingredients from the list of food items commonly found in Georgia Food Banks and at their partner agencies. Senior entries should be submitted using the online recipe form by the deadline of **August 1, 2018.** The top 16Senior recipes will be invited to a “Cook-off” which will be held at the Georgia National Fair on **Sunday morning, October 7, 2018** in Heritage Hall.

The top 16 students will each be given a total of $40 to use in preparing their dish: $20 will be used for their practice attempt prior to the competition and an additional $20 will be provided to the contestant for them to prepare their dish at the State Fair competition.

The winner of the Georgia National Fair contest will become *Chef for a Day* shadowing a well-known Chef! (Date and Time to be determined). The winner will also win an “Arby’s Day” for their County 4-H Program which will feature free Arby’s Food. The top 10 placing students will receive a fair ribbon at the final competition; 1st, 2nd and 3rd place winners will each receive a trophy in addition to the ribbon. All entrants will have their recipe published in the digital cookbook. All Seniors who enter recipes in the contest will receive special prizes either at the fair or for via mail to their county office if they do not compete at the state competition.

***Junior 4-H Pantry Pride Recipe Contest:*** 4-H’ers in the 7th and 8th grades will create a recipe for a simple cooked entree’ using at least two ingredients from the list of foods commonly found in Georgia Food Banks. **There is no limit on county entries.** Entries will be submitted to the county 4-H office by the county deadline. The recipe should list ingredients and amounts to be used, the number of servings the recipe makes, and directions for making the entrée. Recipes should be written or typed on the Pantry Pride recipe form. All recipes must be entered in Georgia 4-H event registration by the deadline of **August 1, 2018**. All participants will have their recipe included in a digital cookbook. All entries will receive special prizes that will be mailed to the county office following the completion of the statewide Senior level contest at the Georgia National Fair.

***Cloverleaf Division 4-H Pantry Pride Recipe Contest:*** 4-H’ers in the 4th, 5th and 6th grades will create a recipe for a “No Cook Snack” using at least **one** ingredient from the list of foods commonly found in Georgia Food Banks. **There is no limit on county entries.** Entries should be submitted to the county 4-H office by the county deadline. The recipe should list ingredients and amounts to be used, the number of servings it makes, and directions for making the snack. Recipes should be written or typed on the Pantry Pride recipe form. All recipes must be entered in Georgia 4-H event registration by the deadline of **August 1, 2018.** All participants will have their recipe included in a digital cookbook. All entries will receive special prizes that will be mailed to the county office following the completion of the statewide Senior level contest at the Georgia National Fair.

**Resources:**

4-H TOOL KIT ON HUNGER AWARNESS AND FOOD INSECURITY **-** A comprehensive tool-kit has been developed to increase the awareness of hunger and food insecurity in the United States and to help youth and adults, as partners, advocate and find solutions to ending hunger in their communities.  <http://www.kansas4-h.org/doc15268.ashx>

4-H Pantry Panic - <http://extension.unh.edu/resources/files/Resource003463_Rep4935.pdf>

4-H Healthy Families Cookbook - <http://ca4hfoundation.org/uploads/documents/Healthy_Families_Project_Cookbook.pdf>

4-H Pantry Pride Cookbook 2016 - <http://www.georgia4h.org/foodsandnutrition/AdditionalResources/PantryPride2016.pdf>

**2018 GFBA 4-H Pantry Pride Food Items**

* Peanut Butter
* Canned Tuna
* Canned Chicken
* Canned Beans (green beans, black beans, red beans)
* Canned Soups
* Canned Stews
* Canned Pastas
* 100% Fruit Juice
* Canned Fruits (peach slices, pear pieces, mandarin oranges, mixed fruit, applesauce)
* Canned Vegetables (carrots, peas, potatoes, collard greens, black eyed peas, diced tomatoes, stewed tomatoes)
* Dry beans, rice, oatmeal, pasta, ramen noodles  
  Macaroni and Cheese Dinners
* Whole Grain, Low Sugar Cereals
* Crackers (bite size cheese crackers, cheese fish-shaped crackers, soup crackers)
* Healthy snacks (granola bars, nuts, dried fruit)

Fruit (apples, oranges, bananas, etc.)

Vegetables (onions, potatoes, carrots, etc.)

**Arby’s Foundation, Georgia Food Bank Association and Georgia 4-H Pantry Pride Recipe Contest**

**RECIPE ENTRY FORM**

**NAME** \_\_\_\_\_\_\_\_ **COUNTY**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

AGE \_\_\_\_\_ ADDRESS\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
  
TOWN/CITY\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ ZIP CODE\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**RECIPE CRITERIA:** List the GFBA 4-H Pantry Pride Food Items that your recipe contains:

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**RECIPE TITLE: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_  
  
BRIEF DESCRPTION OF YOUR RECIPE ( explain why is it a unique, nutritious, tasty and budget-friendly)**

**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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TYPE OF DISH (CHECK ONE):**

**\_\_\_\_\_\_ No Cook Snack (4th – 6th Grade – Cloverleaf Division)**

**\_\_\_\_\_\_ Simple Cooked Entrée (7th & 8th Grade – Junior Division)**

**\_\_\_\_\_\_ Cooked Dish / Entrée ((9th – 12th Grade – Senior Division)**

**YIELD**\_\_\_\_\_\_\_ Servings

**RECIPE PREPARATION**\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_(Senior recipes must be prepared in 45 minutes or less from start to finish)

**RECIPE:** Ingredients, Measures and Instructions:

**Ingredients & Measures:**

**Recipe Instructions:**

4-H'er Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ CEA or 4-H PA Signature \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

**  
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**Score Card**

**Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_   
Division: 4th-6th Grade \_\_\_\_\_\_ 7th-8th Grade\_\_\_\_\_\_ 9th – 12th Grade\_\_\_\_\_\_  
County \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

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| --- | --- | --- | --- |
|  |  | **Point Value** | **Score** |
| A) Use of Food Bank Items in Recipe | - Required number of items used  - Relatively low in fat and calories  - Healthy snack, entrée or dish alternative | 25 points |  |
| B) Appeal | - Appealing in appearance  - Appetizing recipe  - Product displayed/presented invitingly in serving dish or on plate ( this does not require a full place setting) | 15 points |  |
| C) Creativity | - Creative/innovative recipe  - Unique ingredients used  - Imaginative idea | 20 points |  |
| D) Flavor | - Tasty in flavor  - No ingredients over-bearing in taste - Would appeal to a wide range of families | 15 points |  |
| E) Technique/ Presentation | - 4-H recommended preparation techniques used - Food Safety observed in preparation - Neatness in preparation is observed and area is left clean when cooking is complete | 10 points |  |
| F.) Budget | -Budget-Friendly Recipe  -Relatively low in cost for number of servings in snack/dish/entrée | 10 points |  |
| G.) Time Limit | -Time limit of 45 minutes is observed | 5 points |  |
| **Total Score** |  | 100 points total |  |