

MILKMAKE RECIPE CONTEST

CLOVERLEAF 4-H FOOD AND NUTRITION

Donor of Awards: Southeast United Dairy Industry Association

Objectives:

- To develop leadership abilities, build character and assume citizenship responsibilities.
- To develop skills for utilizing milk creatively in recipes.
- To acquire knowledge of nutritional value and versatility of milk.
- To learn to write/share a recipe.

Contest Procedure:

Cloverleaf:

1. Each participant must submit a recipe for a milk-based drink for the county contest.
2. The main ingredient should be milk and the recipe should include the amount of ingredients, number of servings and directions for preparing the drink.
3. Recipes can be written on the 4-H MilkMake Recipe Contest Recipe Card or on a separate piece of paper.
4. Recipes will be judged on nutrition, appeal, creativity, recipe presentation, and recipe content.
5. Recipes should be submitted to the 4-H'ers county Extension Office by the county designated deadline

Awards:

- County participants will receive a SUDIA bookmark
- Three County Winners will receive 4-H MilkMake Recipe Contest t-shirts
- Award Certificates are available for all county participants