

4-H Peanutrition Recipe Contest

(The Georgia 4-H PeaNutrition Recipe Contest is offered in odd number years on the county level.)

CLOVERLEAF AND JUNIOR 4-H FOOD & NUTRITION COUNTY ACTIVITY

Donor of Awards: Georgia Peanut Commission

updated 08/15

Objectives:

- To develop leadership abilities, build character and assume citizenship responsibilities.
- To develop skills for utilizing peanut products creatively in recipes.
- To acquire knowledge of nutritional value and versatility of peanut products.

CONTEST PROCEDURE

Cloverleaf:

- Each participant must submit a recipe for his/her favorite peanut butter sandwich in the county contest.
- Before the recipe may be submitted, 4-H'er must have made the sandwich at home. Any recipe with inedible items will be disqualified.
- The recipe should list ingredients yielding 1 sandwich, as well as directions for assembling the sandwich. Recipes can be written on the PeaNutrition Recipe Contest Recipe Card or on a separate piece of paper.
- Recipes will be judged on nutrition, appeal, creativity, recipe presentation, recipe content, and appropriateness for category.
- Winners will be selected in a county contest as follows: One Overall Winner and winners in the 4 categories of Most Nutritious, Most Unusual, Most Creative, and Most Ingredients.

Junior:

- Each participant must submit a recipe for his/her favorite uncooked snack containing a peanut product.
- The recipe should yield 1 serving and must include a minimum of either 1/4 cup peanuts (any kind: raw, roasted, salted, dry roasted, chopped or ground); or 2 T. peanut butter or other peanut products.
- Recipes will be judged on nutrition, appeal, creativity, recipe presentation, recipe content, and appropriateness for category.
- Winners will be selected in a county contest as follows: One Overall Winner and winners in the 4 categories of Most Nutritious, Most Unusual, Most Creative, and Most Variety of Peanuts Used.

Awards & Recognition:

- County Winners – T-shirts
- Award Certificates