

### 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.

### Guidelines:

#### *Cloverleaf (Grades 4-6):*

1. Each participant must submit a recipe for his/her favorite peanut butter sandwich in the county contest.
2. Before the recipe may be submitted, 4-H'er must have made the sandwich at home. Any recipe with inedible items will be disqualified.
3. The recipe should list ingredients yielding 1 sandwich, as well as directions for assembling the sandwich. Recipes can be written or typed on the Georgia 4-H Peanut Recipe Contest Recipe Entry Form or on a separate piece of paper.
4. Recipes will be judged on nutrition, appeal, creativity, recipe presentation, recipe content, and appropriateness for category.
5. Winners will be selected in a county contest as follows: One Overall Winner and winners in the 3 categories of Most Nutritious, Most Unusual, and Most Creative.

#### *Junior (Grades 7-8):*

1. Each participant must submit a recipe for his/her favorite uncooked snack containing a peanut product.
2. 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 can be written or typed on the Georgia 4-H Peanut Recipe Contest Recipe Entry Form or on a separate piece of paper.
3. Recipes will be judged on nutrition, appeal, creativity, recipe presentation, recipe content and appropriateness for category.
4. Winners will be selected in a county contest as follows: One Overall Winner and winners in the 3 categories of Most Nutritious, Most Unusual, and Most Creative.

**For more information, contact your local UGA Extension office at 1-800-ASK-UGA1.**

**The University of Georgia 4-H program is the largest youth leadership organization in the state.**