Creative Cooks Contest

- This contest is open to any 4-H members and is not limited to those enrolled in a 4-H foods project.
- Counties may enter one entry in each age division for a maximum of 12 entries per county.
  - A county may enter both a team and an individual in each age division for the Colorado Specialty Foods Category.
- Contestants participating in other contests may participate in Creative Cooks as long as they can be available during the judging period for their age group and before the judges begin final consultations.
- Contestants may enter as an individual or as a team, but not both.
- A tentative schedule will be emailed to all contestants the week prior to the contest.

Order of Contest

- 1st: Juniors followed by their awards
- 2nd: Intermediates followed by their awards
- 3rd: Seniors followed by their awards.

#InspireKidsToDo
Tips:

- Plan a menu for a meal
  - Any type of meal and theme can be planned
- Set one place setting appropriate to the meal
  - The table should be set for just one person for judging purposes
- Prepare one food item from the menu
  - Commercially prepared food items are not acceptable unless as an ingredient in a larger recipe.
- Food
  - All food used for the contest should be brought from home.
- Judging Criteria
  - Menu balanced for:
    - flavor
    - color texture
    - shapes
    - nutrition
  - Prepared Dish
    - appearance
    - flavor
    - quality
    - display and place setting
    - nutrition
    - knowledge and application to menu
    - food safety
    - creativity

Resources:

- Creative Cooks Contest Requirements
- Creative Cooks Guide
- Colorado Specialty Foods Division
- Located at: Colorado4h.org