

## **4-H DAIRY FOODS GUIDELINES**

The following are guidelines for the dairy foods project.

4-H members will demonstrate their creativity with dairy foods to showcase their nutrition knowledge, cooking and communication skills. They can select an existing recipe or develop one of their own for an appetizer, soup, main dish or dessert. The ingredients should include at least two dairy products (choose from cheese, milk, butter, yogurt, cream, cottage cheese, sour cream or ice cream). No dry mixes or pie fillings may be used in preparing dairy foods. The recipe chosen should reflect the age and experience of the member.

Each member will design a free standing 22x28 inch poster that includes the name of the recipe, the recipe itself, a photograph or illustration of the finished product and nutrition information and the history (or origin) of the recipe. Please be sure the member's name, age, and club name are on the back of the poster.

The finished recipe (either a portion or the entire dish) must be displayed attractively with appropriate accessories for judging.

The food will not be left on display during the fair. The posters will be displayed in the club booth to show other people what you have done.

Members should be prepared to discuss with the judge their recipe selection and preparation, how their recipes fit into dairy food choices for good nutrition and have a working knowledge of the ingredients used in their recipe.

There are several resources for recipes and meeting topics available at the Extension office.

For the fair, classes are divided into Young (9-11), Junior (12-14), and Senior (15-19) divisions. Ages are as of December 31 of the current year.