

Sponsored by the Georgia Food Bank Association and Arby's Foundation

Contest Goals:

1. Raise awareness about poverty and hunger in Georgia.
2. Challenge 4-H'ers to think creatively about food and cooking by developing recipes using ingredients commonly found in Georgia Food Banks.
3. Educate 4-H'ers about the cost of food, and what it takes to feed a family.
4. Provide youth and families across Georgia with a "recipe bank" for inexpensive, nutritious meals.

General Rules:

4-H'er's who have been previous winners or finalists in this contest may enter again, and are also eligible to win or place again, but must use a totally different recipe. Any recipes published in the 4-H Pantry Pride Cookbook from previous years may not be entered in the contest again. Previous years' cookbooks can be found here: <https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/food-and-nutrition-competitions/pantry-pride/>

Qualtrics Link for Recipe Submission: *Please read the rest of the document for details about submissions.*

https://ugeorgia.ca1.qualtrics.com/jfe/form/SV_5bTfEeCAbcwn8iy

** Note for leaders: You may choose to share this link directly with your 4-H'ers to submit; however, if you prefer to have them submit the paper form (or pdf) to your office, you may enter them into Qualtrics on their behalf. A complete submission includes submitting the recipe via Qualtrics AND entering the 4-Her in event registration.*

Contest Categories:

Senior 4-H Pantry Pride Contest: 4-H'ers in the 9th – 12th grades will create a recipe for a cooked dish / entrée using at least three ingredients from the list of food items commonly found in Georgia Food Banks and at their partner agencies. Recipes should take no longer than 45 minutes to prepare and cook. Senior entries should be submitted via Qualtrics (see link above) and participants entered in event registration by the deadline of **August 1st, 2022, at 5:00pm**. The participants with the top 16 Senior recipes will be invited to a "Cook-off" which will be held at the Georgia National Fair on **Sunday morning, October 9, 2022** in Heritage Hall. Seniors should bring a copy of their recipe to the fair.

The top 16 students will each be given a total of \$40 to use in preparing their dish: \$20 will be used for their practice attempt prior to the competition and an additional \$20 will be provided to the contestant for them to prepare their dish at the State Fair competition.

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.

An Equal Opportunity, Affirmative Action, Veteran, Disability Institution

The winner of the Georgia National Fair contest may be invited to visit Arby's Headquarters for a tour, conditions permitting. The top 10 placing students will receive a fair ribbon at the final competition; 1st, 2nd and 3rd place winners will each receive a trophy in addition to the ribbon. All entrants will have their recipe published in the digital cookbook. All Senior participants who enter recipes in the contest will receive special prizes either at the fair or for via mail to their county office if they do not compete at the state competition.

Junior 4-H Pantry Pride Recipe Contest: 4-H'ers in the 7th and 8th grades will create a recipe for a simple cooked entrée using at least two ingredients from the list of foods commonly found in Georgia Food Banks. The recipe should list ingredients and amounts to be used, the number of servings the recipe makes, and directions for making the entrée. The Pantry Pride recipe form can be used by the county if desired, but for inclusion in the cookbook recipes must be submitted in Qualtrics. Entries should be submitted via Qualtrics (see link above) and participants entered in event registration by the deadline of **August 1st, 2022, at 5:00pm**. All participants will have their recipe included in a digital cookbook. All entries will receive special prizes that will be mailed to the county office following the completion of the statewide Senior level contest at the Georgia National Fair.

Cloverleaf Division 4-H Pantry Pride Recipe Contest: 4-H'ers in the 4th, 5th and 6th grades will create a recipe for a "No Cook Snack" using at least **one** ingredient from the list of foods commonly found in Georgia Food Banks. The recipe should list ingredients and amounts to be used, the number of servings it makes, and directions for making the snack. The Pantry Pride recipe form can be used by the county if desired, but for inclusion in the cookbook recipes must be submitted in Qualtrics. Entries should be submitted via Qualtrics (see link above) and participants entered in event registration by the deadline of **August 1st, 2022, at 5:00pm**. All participants will have their recipe included in a digital cookbook. All entries will receive special prizes that will be mailed to the county office following the completion of the statewide Senior level contest at the Georgia National Fair.

Resources:

Atlanta Community Food Bank Hunger 101 Curriculum:

<http://www.acfb.org/sites/default/files/Hunger%20101%20Curriculum617%281%29.pdf>

Georgia 4-H Pantry Pride Cookbooks from 2018, 2019, and 2020:

<https://georgia4h.org/programs/focus-areas/healthy-living/foods-and-nutrition/food-and-nutrition-competitions/pantry-pride/>

2022 GFBA 4-H Pantry Pride Food Items

Peanut Butter

Canned Tuna

Canned Chicken

Canned Beans (green beans, black beans, red beans)

Canned Soups

Canned Stews

Canned Pastas

100% Fruit Juice

Canned Fruits (peach slices, pear pieces, mandarin oranges, mixed fruit, applesauce)

Canned Vegetables (carrots, peas, potatoes, collard greens, black eyed peas, diced tomatoes, stewed tomatoes)

Dry beans, rice, oatmeal, pasta, ramen noodles

Macaroni and Cheese Dinners

Whole Grain, Low Sugar Cereals

Crackers (bite size cheese crackers, cheese fish-shaped crackers, soup crackers)

Healthy snacks (granola bars, nuts, dried fruit)

Fruit (apples, oranges, bananas, etc.)

Vegetables (onions, potatoes, carrots, etc.)

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RECIPE ENTRY FORM *(note- Recipes must be entered online)*

NAME _____
COUNTY _____ Grade: _____ T-Shirt Size: _____
ADDRESS _____
TOWN/CITY _____ ZIPCODE _____

RECIPE CRITERIA: List the GFBA 4-H Pantry Pride Food Items that your recipe contains:

RECIPE TITLE: _____

BRIEF DESCRIPTION OF YOUR RECIPE (explain why is it a unique, nutritious, tasty and budget-friendly recipe)

TYPE OF DISH (CHECK ONE):

No Cook Snack (4th - 6th) Simple Cooked Entrée (7th & 8th) Cooked Dish / Entrée (9th - 12th)

NUMBER OF SERVINGS: _____ **SERVNG SIZE:** _____

RECIPE PREPARATION TIME: _____

RECIPE: Ingredients, Measures and Instructions

Ingredients & Measures:

Recipe Instructions:

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Pantry Pride Recipe Contest Score Card

Name _____

County _____

Note: In the event of a tie at the State Contest, ties will be broken using Category A, followed by Category B, C, D, E, F, G, in that order as needed.

		Point Value	Score
A) Use of Food Bank Items in Recipe	- Required number of items used - Relatively low in fat and calories - Healthy snack, entrée or dish alternative	25 points	
B) Appeal	- Appealing in appearance - Appetizing recipe - Product displayed/presented invitingly in serving dish or on plate (this does not require a full place setting)	15 points	
C) Creativity	- Creative/innovative recipe - Unique ingredients used - Imaginative idea	20 points	
D) Flavor	- Tasty in flavor - No ingredients over-bearing in taste - Would appeal to a wide range of families	15 points	
E) Technique/ Presentation	- 4-H recommended preparation techniques used - Food Safety observed in preparation - Neatness in preparation is observed and area is left clean when cooking is complete	10 points	
F.) Budget	-Budget-Friendly Recipe -Relatively low in cost for number of servings in snack/dish/entrée	10 points	
G.) Time Limit	-Time limit of 45 minutes is observed	5 points	
Total Score		100 points total	