



2023 GALLATIN COUNTY 4-H STIR-UPS COOKING CONTEST

Saturday, April 15th 12:45pm-5:30pm at MSU Herrick Hall Food Lab Rm. 120

Register through ZSuite by **Friday, March 31st by 5pm.**

Award Presentation Ceremony will be held Wednesday, May 3rd at 6pm at the Extension Office



What is Stir-Ups?

Stir-Ups is an opportunity for 4-H youth members to prepare an appealing, nutritious meal using food safe techniques and present their dish to a panel of judges for tasting.

Why Participate?

This contest provides 4-H youth members the experience to test their time management, practice food preparation skills, become more confident, and discover where they can improve. Contest winners that are ages 14+ can earn money towards a trip to Montana 4-H State Congress.



2023 Theme: Chili Cookoff

Meal preparation and Cleanup: Up to 60 mins.

Presentation to Judges: Up to 15 minutes in length

Divisions:

- Juniors (ages 8-10)
- Intermediates (ages 11-13)
- Seniors (ages 14+)

****Members can compete individually or as a team with another member.**