**4-H Foods Extravaganza 2021**

Name

Address

City & Zip

Phone #

Grade

4-H Club

E-Mail

**Cloverbuds (K – 2nd Grade)**

1. Simple Food

2. Simple Beverage

**Explorers (3rd – 4th Grade)**

3. Simple Breakfast Item

4. Simple Cold Lunch Item

5. Simple Bar or Cookie (3)

6. Microwave Snack

**3rd – 5th Grade**

7. Salad

8. Main Dish

9. Dessert (not cookies or bars)

10. Any Bread

**6th – 8th Grade**

11. Salad

12. Main Dish

13. Dessert

14. Any Bread

15. Dish made in crock pot/slow cooker

**9th Grade and Older**

16. Brunch

17. Dinner

18. Party

19. Food for a special need  
 (i.e. low fat, high iron, high fiber,  
 low calories, etc.)

Dept. 25 Class DD Lot # Description

|  |
| --- |
| **My recipe contains possible food allergens (check all that apply):**    **\_\_\_ Milk**  **\_\_\_ Eggs**  **\_\_\_ Peanuts**  **\_\_\_ Peanut Butter**  **\_\_\_ Fish**  **\_\_\_ Shellfish**  **\_\_\_ Tree Nuts**  **\_\_\_ Wheat**  **\_\_\_ Soy** |

**BE SURE TO INCLUDE YOUR RECIPES!**

**Registrations are due JUNE 7**

**Send completed form to:**

**Extension – Clark County**

**Foods Extravaganza**

**517 Court Street, Room 104**

**Neillsville, WI 54456**

**715-743-5129 (fax) / ClarkCounty4H@co.clark.wi.us**