Name:

Address:

City and Zip:

Phone Number: Grade:

4-H Club:

Email:

|  |  |  |
| --- | --- | --- |
| **Cloverbuds (K – 2nd grade)** | **3rd – 5th grade** | **9th grade and older** |
| 1. Simple Food | 7. Salad | 16. Brunch |
| 2. Simple Beverage | 8. Main Dish | 17. Dinner |
|  | 9. Dessert (not cookies or bars) | 18. Party |
|  | 10. Any Bread | 19. Food for a Special Need  |
| **Explorers (3rd – 4th grade)** |  |  (i.e. low fat, high iron,  |
| 3. Simple Breakfast Item | **6th – 8th grade** |  high fiber, low calories, etc.) |
| 4. Simple Cold Lunch Item | 11. Salad |  |
| 5. Simple Bar or Cookie (3) | 12. Main Dish |  |
| 6. Microwave Snack | 13. Dessert |  |
|  | 14. Any Bread |  |
|  | 15. Dish Made in Crockpot/Slow Cooker |  |

|  |  |  |
| --- | --- | --- |
| **Dept. 25 Class DD** | **Lot #** | **Description** |
|  |  |  |
|  |  |  |
|  |  |  |
|  |  |  |

**BE SURE TO INCLUDE YOUR RECIPES WITH YOUR REGISTRATION!**

 **REGISTRATIONS ARE DUE JUNE 23.**

My recipe contains possible food allergens (check all that apply):

\_\_\_\_ Milk

\_\_\_\_ Eggs

\_\_\_\_ Peanuts

\_\_\_\_ Peanut Butter

\_\_\_\_ Fish

\_\_\_\_ Shellfish

\_\_\_\_ Tree Nuts

\_\_\_\_ Wheat

\_\_\_\_ Soy

Send completed form to:

Extension Clark County
Attn: Foods Revue

517 Court Street, Room 104
Neillsville, WI 54456

Fax: 715-743-5129
Email: ClarkCounty4H@co.clark.wi.us