

Dairy Foods Contest Youth Cooking Contest
Official Rules

1. The Dairy Foods Contest is sponsored by the Arkansas Farm Bureau Federation.
2. The contest will be divided into two categories: Main Dish and Party Ideas
3. Each Arkansas county may enter one recipe in each category.
4. Each entrant must be:
 - A. Students enrolled in 4-H ages 9-19 or in the 4th through the 12th grade of any Arkansas school as of Jan. 01, 2026. Homeschooled students are eligible to participate.
 - B. Certified by the county Farm Bureau or by the county Extension agent.
 - C. Willing to participate in the state cook-off if their recipe is selected for the finals.
 - D. In future years, former first place winners in a category will not be eligible for competition in that category but may enter the other category.
5. County winners may be selected in a manner deemed most suitable to each county.
6. State contest entries will be judged on the following categories according to the rubric included in the booklet. Counties can use the rubric for the selection of county winners or may use their own criteria.
 - A. The importance of dairy in the dish— Enhancement of recipe by use of dairy products - Use of pasteurized milk and dairy foods (eggs, margarine, nondairy creamers, and nondairy whipped toppings are **NOT** dairy foods). Look for the “**Real**” seal on dairy packages. The “Real” seal is your assurance of a real dairy food.
 - B. The ready availability of the ingredients.
 - C. Accuracy of the recipe (including exact measurements, preparation instructions, ingredient list in order of usage, correct temperature and cooking time, including their preferred method of cooking the rice in the dish)
 - D. Correct preparation and craftsmanship-correct basic preparation of food, practical preparation methods, and punctual delivery of each entry at the appointed time is required.
 - E. Presentation of the Dish-Tell the judges what you cooked, why you like it, how it features dairy and how dairy improves the dish.
 - F. Degree of difficulty and creativity-Technique and creativity involved in the production of the dish.
 - G. Serving suggestions and other ideas on entry blank. Original ideas for serving and other ideas given on entry blank will receive consideration.
7. The top 4 winners in each category will prepare and serve their recipe at the state contest **July 16, 2026**, in Little Rock.
8. Each contestant must follow the recipe they entered in the contest.
9. Each contestant is responsible for the ingredients and equipment necessary for preparing and serving the recipe. If you have leftovers, please bring travel containers to take them with you when you leave or be prepared to dispose of them. No food is to be left by any contestant. Stoves and ovens will be provided.
10. The deadline for entries is **June 15, 2026**.
11. Prizes will be awarded in each category as follows: First place, \$150; Second place, \$125; Third place \$100; Fourth Place, \$75.
12. All recipes and entries become the property of Arkansas Farm Bureau and may be used by them in any manner.
13. The decision of the judges is final.

****OFFICIAL 2026 ENTRY FORM-ARKANSAS DAIRY FOODS CONTEST****

PLEASE PRINT ALL INFORMATION CLEARLY

Name: _____
Age: _____ County: _____
Address: _____
City: _____ State: _____ Zip: _____
Parent's Names: _____

School/Group: _____
Address: _____
City: _____ State: _____ Zip: _____
Contact Name: _____
Phone Number: _____

Date: _____
CONTEST DIVISION: _____ Main Dish
_____ Party Idea

*****DO NOT FORGET*****
PLEASE ATTACH A COPY OF YOUR RECIPE (WRITTEN OR TYPED) ON A SINGLE SHEET OF PAPER WITH YOUR NAME AND ADDRESS AT THE TOP.

DEADLINE FOR ENTRY: **June 15, 2026**

Name of Recipe: _____
Have you prepared the recipe before? _____
If so, for how many people? _____
What were some of the groups? _____

Source of Recipe: _____

Please answer the following with 50 words or less:
Why I like my recipe: _____

Describe the occasion and other menu items you would serve with this recipe: _____

CERTIFICATION
(By County Dairy Committee or Extension Agent)
I certify on behalf of

(Contestant)
that this is the official entry of
_____ County in the
_____ Division for the
2025 Dairy Foods Cooking Contest
Print Name: _____
Signed: _____
Address: _____

Phone: _____
Email: _____

Note: Certification must be completed on entries submitted for the State Dairy Foods Cooking Contest.
Mail Entry to: Arkansas Farm Bureau, Attn: Addie Stamps, PO Box 31, Little Rock, AR 72203.
Email Entry to: addie.stamps@arfb.com
DEADLINE FOR ENTRY IS: June 15, 2026

Arkansas Dairy Foods Contest Score Sheet

Contestant: _____

Judge: _____

RECIPE	Possible	Score
Ready availability of ingredients	10	
Clearness and accuracy of recipe	10	
Enhancement of recipe by use of dairy product	20	
Degree of difficulty	5	
Creative use of ingredients	5	
Total	50	

Recipe Score _____

Total Score _____

GENERAL COMMENTS:

ORDER FORM
DAIRY FOODS CONTEST COUNTY PRIZES

Please mail this page, or email the following information to:

Addie Stamps

Arkansas Farm Bureau Federation

P.O. Box 31

Little Rock, AR 72203

Addie.stamps@arfb.com

501-607-8978

_____ Yes, my county will conduct a Dairy Foods Contest!
Please send two county prizes.

Name: _____

Title: _____

Street: _____

City: _____ County: _____

ZIP code: _____ Signature: _____