

# 2026

## ***YOUTH COOKING CONTEST***



**Rice**



**Dairy**

Dairy Foods 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:
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    - A. 9-18 years old and in the 4<sup>th</sup>-12<sup>th</sup> grade as of January 1, 2026. Homeschooled students are eligible to participate.
    - B. Certified by their county Farm Bureau or county Extension agent.
    - C. Residents of Arkansas or members of an Arkansas 4-H or FFA program.
    - D. Willing to participate in the state cook-off if their recipe is selected for the finals.  
Former first place winners in a category are not eligible for competition in the same 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: \_\_\_\_\_

**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: \_\_\_\_\_

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: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

**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](mailto: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	

Video		
Overall communication skills	20	
Displayed knowledge of cooking with dairy	10	
Displayed knowledge of preparing their recipe	10	
Dish presentation-is the dish showcased in an appetizing way	5	
Does the dish presented seem to accurately portray their recipe	5	
Total	50	

Recipe Score \_\_\_\_\_

Video Score \_\_\_\_\_

Total Score \_\_\_\_\_

**GENERAL COMMENTS:**

ORDER FORM  
DAIRY FOODS CONTEST COUNTY PRIZES

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

LaTosha White  
Arkansas Farm Bureau Federation  
P.O. Box 31  
Little Rock, AR 72203  
Latosha.white@arfb.com  
501-228-1300

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

Name: \_\_\_\_\_

Title: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ County: \_\_\_\_\_

ZIP code: \_\_\_\_\_ Signature: \_\_\_\_\_