2026

YOUTH COOKING CONTEST

Rice

Dairy

FARM BUREAU
ARKANSAS

Rice is Nice Youth Cooking Contest
Official Rules

The Rice is Nice Youth Cooking Contest is sponsored by Arkansas Farm Bureau Federation and will be held July 16, 2026, at the Arkansas State Fairgrounds in Little Rock.

Counties may conduct contests as they see fit to select their entrants into the state contest into the Main Dish and Party Idea categories. Entries are due by June 15, 2026. Three finalists will be chosen for each category, and they will be notified of their selection by June 22, 2026. Prizes will be awarded in each category as follows: First place, $150; Second place, $125; Third place $100.

1. Each entrant must be:
   A. 9-18 years old and in the 4th-12th 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.
   E. Former first place winners in a category are not eligible for competition in the same category but may enter the other category.

2. An adult chaperone must accompany each contestant to the state cook-off. County sponsors are responsible for contestant and adult chaperone transportation to and from the state cook-off in Little Rock.

3. Entries will be judged on the following categories according to the rubric included in the booklet.
   A. The importance of rice in the dish—entrants may use long or medium grain white or brown U.S. grown rice, or U.S. grown aromatic rice. Riced vegetables and other rice pretenders will not be accepted.
   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. Neatness and tidiness of work area-it is your responsibility to clean up after yourself and to take or dispose of any leftovers from your cooking.
   E. Correct preparation and craftsmanship-correct basic preparation of food, practical preparation methods, punctual delivery of each entry at the appointed time is required.
   F. Presentation of the Dish-Tell the judges what you cooked, why you like it, how it features rice and how rice improves the dish.
   G. Taste-dish should have appropriate taste, seasoning, quality, flavor, and serving temperature. Rice should be well-prepared.
   H. Enhancement of dish by rice—is rice the highlight or main ingredient of the dish?
   I. Degree of difficulty and creativity-Technique and creativity involved in the production of the dish.
   J. Serving methods and portions-Simple, clean and careful serving. Plate and platter arrangement that makes for practical serving are considered for bonus points.

4. The top three winners in each category will prepare and serve their recipe at the state contest July 16, 2026, in Little Rock. Each contestant must follow the recipe submitted for competition.

5. Each contestant is responsible for the ingredients and equipment necessary for preparing and serving the recipe. If you will 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. Students may cook rice on a stove top or may bring a rice cooker.

6. All recipes and entries become the property of Arkansas Farm Bureau and may be used by them in any manner.

7. The decision of the judges is final.

Official 2026 Entry Form - Rice is Nice Contest

PLEASE PRINT ALL INFORMATION CLEARLY

Name:_____Age:_____County:_____

Address:_____

Email:_____Phone:_____

Parent/GuardianNames:_____

School/Group:_____

Please answer the following:

Name of Recipe: _____

Have you prepared it before? _____ If so, for how many people: _____

Source of the recipe: _____

Did you make any changes to the recipe? If so, what were they: _____

_____

Why do you like your recipe? _____

_____

When would you serve your recipe and what would you serve with it? _____

_____

_____

Certification

(by County Rice Committee or Extension Agent)

I certify on behalf of_____(Contestant) that this is the official entry of_____County in the 2026 Rice is Nice Youth Cooking Contest in the _____Division.

Print Name:_____Signed:_____

Address:_____

Phone:_____Email:_____

Certification must be completed for all entries submitted for the Rice is Nice Youth Cooking Contest.

Attach a typed copy of the recipe with the entrant's name and address at the top to this form and mail or email to: Brandy Carroll, Arkansas Farm Bureau Federation, P.O. Box 31, Little Rock, AR 72203, brandy.carroll@arfb.com, no later than June 15, 2026.

Rice Is Nice Youth Cooking Contest
Score Sheet

DATE: _____ ENTRY NO.:_____

JUDGE:_____

SCORING POINTS	POSSIBLE SCORE	SCORE
Ready availability of ingredients	10	
Clearness and accuracy of recipe	10	
Neatness & Tidiness of Work Area	10	
Correct Preparation & Craftsmanship	10	
Presentation of Dish	20	
Taste	10	
Enhancement of recipe by use of rice	20	
Degree of Difficulty & Creativity	10	
TOTAL SCORE	100	
BONUS: Serving Technique	5	

GENERAL COMMENTS:

ORDER FORM
2026 RICE IS NICE 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 Rice is Nice Youth Cooking Contest!
Please send two county prizes.

Name:_____

Title:_____

Street:_____

City:_____ County:_____

ZIP Code:_____ Signature:_____