

PEANUTRITION

A recipe contest for Cloverleaf 4-H'ers

Awards:

Each elementary school will have one winner.
Three Grand Prize winners from Henry County will also be awarded.

Donor of Awards: Georgia Peanut Commission



Here's how to enter:

1. Invent a recipe for your favorite peanut butter sandwich.
(If you have peanut allergies, please speak with your teacher and 4-H Leader on an alternative)
2. Before you submit the recipe for judging, make the sandwich and ask another person to taste it.
Any recipe with inedible items will be disqualified. Do not bring the sandwich to school.
3. Write your recipe by listing ingredients and measurements to be used, the number of servings it makes, and the steps in making the sandwich. Please use the 4-H recipe card on the back.
4. Turn in recipes to your 4-H Leader at the **October meeting**.
5. Recipes will be judged on nutrition, appeal, creativity, flavor and technique/preparation.
6. Contact the Henry County Extension Office if you have any questions. 770-288-8421
www.ugaextension.com/henry

Good luck!

This contest is sponsored by the Georgia Peanut Commission.
You can write Mr. Evans and tell him how much you liked the contest. His address is:

Mr. Marcus Evans
Georgia Peanut Commission
Attn: Marcus Evans
P.O. Box 967
Tifton, GA 31793



Name _____

School _____

Teacher _____

Name of Recipe _____

Ingredients: Remember to list measurements for each ingredient.

Instructions: Make sure to list step by step instructions.



