

THE NEXT 4-H FOOD STAR CONTESTANT CONSENT FORM

1. Each team must adhere to the rules of the contest at 4-HU. Failure to do so will result in disqualification.
2. Each team must bring all ingredients and supply box(es) to the New Orleans cook-off. Supplies in the box should include but not limited to bowls, dishes, small appliances, knives, cutting boards, utensils, cleaning supplies, extension cords, etc. to prepare and plate their dish at the competition.
3. Competitors must use Louisiana seafood in their dish. Failure to do so will result in disqualification. A serving of the dish must also be 750 calories or less.
4. It is in the best interest of the teams to use other Louisiana Agricultural Commodities in their dishes as well. Examples of commodities include: rice, sugar, poultry, wheat, dairy, La. Seafood, Louisiana grown/native fruits and vegetables.
5. NO branded products will be endorsed or displayed prominently in a work station.
6. No advance cooking or preparation of the dish will be allowed. Please keep in mind that judges will be taking note on culinary skills in scoring – this includes cutting, chopping, food safety skills etc...
7. All members of the team must participate in the presentation, preparation and clean-up of the contest equally.
9. Each team participating will prepare (5) five identical plated servings of their entrée, garnished and served appropriately. Suggested serving size is 4 ounces. One plated serving will be delivered to the 3 judges, 1 for display and 1 will be available for the media to sample.
10. Only participants, judges and contest officials will be allowed in the food prep areas.

Signature of 4-H'er

Signature of Parent/Guardian

Printed Name of 4-H'er

Printed Name of Parent/Guardian

Date

Parish

Agent's Initials