



2023 WHARTON COUNTY 4-H FOOD SHOW REGISTRATION

THEME: COOKING THROUGH THE DECADES

Take a trip back in time and explore different dishes that were popular in years past!

Some of our most favorite recipes and dishes were made popular in a different decade than we live in today.

Take time to explore past decades dishes, flavors, or cooking techniques that you aren't familiar with.

Whether it be grandma's famous meatloaf from the 50's or a homemade version of a Pop tart made popular in the 90s, your tastebuds will experience a throwback trip through the decades. Dishes can be inspired from

any past decade and should be recreated to be healthier, safer, and more nutritious.

Remember to keep in mind good nutrition and healthy preparation methods as you select your recipe.

PLEASE FILL OUT AND RETURN FORM AND RECIPE FORM BY SEPTEMBER 26, 2023.

The Wharton County 4-H Food Show will be held Monday, October 16th at the Extension Office.

NAME: _____

EMAIL: _____

CLUB: _____

DIVISION:

- Clover Kid (grades K-2)
- Junior (grades 3-5)
- Intermediate (grades 6-8)
- Senior (grades 9-12)

CATEGORY *(Select one)*:

- Appetizer
- Main Dish
- Side Dish
- Healthy Desserts



TEXAS 4-H FOOD SHOW RECIPE SUBMISSION PAPERWORK

CONTESTANT NAME:				
CATEGORY <i>Please check one</i>	<input type="checkbox"/>	Appetizer	<input type="checkbox"/>	Main Dish
	<input type="checkbox"/>	Side Dishes	<input type="checkbox"/>	Healthy Desserts
COUNTY				
DISTRICT				

Name of Recipe:		
Prep Time:	Cook Time:	Cost:

Type Recipe Here:

By submitting the recipe, the contestant releases the recipe for use by Texas 4-H Youth Development and Texas A&M AgriLife Extension.

Revised July 2020