

**Randolph County 4-H Favorite Food Show**  
Show date: **Saturday, April 20, 2013**  
Deadline to register: Friday April 12, 2013  
Email this form to: [barbara\\_swanson@ncsu.edu](mailto:barbara_swanson@ncsu.edu)  
**Registration Form**



NAME: \_\_\_\_\_ AGE: \_\_\_\_\_ (ON JAN 1, 2013)

4-H CLUB \_\_\_\_\_

PHONE: \_\_\_\_\_

AGE CATEGORY:

\_\_\_\_\_ CLOVERBUD (5-8)      \_\_\_\_\_ JUNIOR (9-13)      \_\_\_\_\_ SENIOR (14-18)

**CHECK ONE CATEGORY**

BEVERAGE \_\_\_\_\_ MAIN DISH \_\_\_\_\_ VEGETABLE/SALAD \_\_\_\_\_

BREAD \_\_\_\_\_ SNACK \_\_\_\_\_ DESSERT \_\_\_\_\_

HEALTHY OPTION \_\_\_\_\_

NAME OF RECIPE: \_\_\_\_\_ # OF SERVINGS: \_\_\_\_\_

LIST OF INGREDIENTS:

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INSTRUCTIONS:

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ALL RECIPES SHOULD BE MADE FROM SCRATCH. NO CANDIES, NON-DAIRY TOPPINGS, INSTANT FOOD MIXES OR OTHER CONVENIENCE FOODS ARE TO BE ENTERED.

*4-H is open to all girls and boys ages 5-19 without regard to race,  
color, religion, sex, national origin or disability.*

Persons with disabilities and persons with limited English proficiency may request accommodations to participate by contacting Barbara Dunn Swanson, Extension 4-H Agent at 336-318-6000 or [Barbara\\_swanson@ncsu.edu](mailto:Barbara_swanson@ncsu.edu) or fax – 336-318-6011 or in person at the Randolph County Extension Office at least 10 days prior to the event.