Minnesota 4-H is hosting a “MN Grown Healthy Plate” Chef for a Day Cook-Off, during each encampment of State Fair

**WHO:** County Teams of 3-5 members with earned state fair trips. Each team may include a mentor (youth or adult volunteer, parent, chef or food industry worker) who can coach team through preparation period. Teams with less than 3 may be combined.

**WHERE:** 4-H Building, Minnesota State Fair

**WHEN:** 2 hour program, during each Encampment, First hour educational activity, and the Second hour will be the Chef for the Day Cook-Off

**CATEGORY:** MN Grown Healthy Plate featuring MN products in a salad, skillets, omelet, etc. of the team’s choice. Time assignments @ [www.4-H.umn.edu/state-fair/resources.html](http://www.4-H.umn.edu/state-fair/resources.html)

**SUPPLIES:** All equipment, meat and basic ingredients will be supplied. Participants are encouraged to bring up to 3 additional special ingredients (no home processed products) to make their dish original (No refrigeration supplied).

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