



Cooking Contest

Lewis County Food-A-Rama

February 26th, 2019 - Laurel Elementary

March 5th, 2019 - Garrison Elementary

March 19th, 2019 - Central Elementary

March 26th, 2019 - Tollesboro Elementary

March 28th, 2019 - Lewis County Middle School

Registration 5:30-6:00 P.M.

Enter Your Favorite Dish

Categories:

- Breads
- Appetizers
- Main Course Dish
(Meat or Meatless)
- Desserts
- Side Dish

Prizes and Ribbons Awarded
Plus receive an entry gift



Rules

- Must be 9-19 years old and a student in the Lewis County School System.
- Each entry must include two copies of the recipe with name and school on the back. The recipe should include a list of ingredients with amounts and directions following the list of ingredients.
- Preparation must be done by participant.
- One entry per category
- Smoothies or beverages of any kind will not be considered an eligible entry.
- First and second place in each category will advance to the county contest on April 4th held at Lewis County Extension Office.
- Enjoy a tasting party following judging and have the opportunity to taste each dish.



Disabilities accommodated with prior notification

All programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, national origin, gender, religion, age, disability, political beliefs, and marital or family status.