

4-H Mid-South Food Pantry Competition

4-H members from Arkansas and Tennessee will compete in a food challenge at the Mid-South Farm and Gin Show to demonstrate their knowledge and skills as it relates to preparing a healthy meal with items commonly found in a local food pantry

This contest will emphasize:

- Limiting food waste
- Food efficiency, and
- Healthiness of a meal

Each team's recipe will be available for publicity after the event.

Interested in representing Tennessee 4-H?
4-H members in grades 6-12 should submit
an application by 2/11/22. Rules and
application can be found at
tiny.utk.edu/MSFPC

Awards include:

- 1st place team: \$300
- 2nd place team: \$200
- 3rd place team: \$100
- All participating teams will receive a certificate of participation.

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