

4-H Meal Appeal Contest

February 18, 2023 at DCO



*Mark your calendars and start planning your menu!*

### **New Rules for 2023!!**

1. The place setting will no longer be a requirement for club teams.
2. Once a team registers for the contest, they will be provided the mystery list of ingredients and the kitchen tool list.
3. Each team must incorporate 3 of the ingredients into their dish.
4. Each club team will need to incorporate the use of one of the three mystery kitchen tools.
  5. For those clubs who do not participate, we will offer a category for individual cooking demonstrations.
6. Individuals can also participate by presenting a nutritional poster, place setting or healthy lunch box.

If your club would like to participate, please email Marylisa [mschaede@umd.edu](mailto:mschaede@umd.edu) or call the office 410-638-3255 to register and receive the mystery list!