

**American Dairy Association/Dairy Council of Nebraska
"3-A-Day" Contest**

DIVISION 4690

CLASSES 9015, 9016, 9017, 9018 and 9019

No entry fee required

RECEIVE: Saturday, AUGUST 29, 9:00 am-2:00pm

JUDGE: Saturday, AUGUST 29, 5:00 pm



**Talk to one of the foods personnel if refrigeration is needed.
(These exhibits are prepared at home)**

CLASS 9015 Appetizers

CLASS 9016 Cheese Main Dish (minimum 1 quart dish size)

CLASS 9017 Lowfat Dairy – any dish (salad, entrée, dessert, etc) made with lowfat/reduced fat dairy products

CLASS 9018 Breakfast Dish (minimum 1 quart dish size)

Youth Category (ages 18 and under)

CLASS 9019 Healthy Dairy Snack

The **American Dairy Association/Dairy Council of Nebraska** will provide the following awards in each Class **9015 – 9019**:

1st place: \$15.00 cash and Dairy Gift Package (valued at \$50.00)

2nd place: \$7.50 cash and Dairy Gift Package (valued at \$25.00)

The first place winner in each Class (**9015 – 9019**) will be judged for the best overall exhibit and receive the sweepstakes rosette, \$50.00 cash award and the opportunity to appear LIVE on KOLN-TV alongside Dairy Council dietician Beth Bruck-Upton to prepare their winning dish.

RULES:

1. All entries must contain real dairy products in some form.
2. Entries will be judged on appearance, flavor, texture and color, originality of recipe and creative preparation and use of dairy ingredients.
3. The original recipe is required with the exhibit. See General Rule #4. All recipes become the property of the American Dairy Association/Dairy Council of Nebraska and the Nebraska State Fair.
4. The best overall exhibit winner will be contacted by the Dairy Council in regards to their appearance on KOLN-TV.