



**FOR IMMEDIATE RELEASE**

**Contact:**

Jean Swanson  
Director of Communications  
8205 F Street  
Omaha, Nebraska 68127  
Phone: 402-592-3355  
Toll-Free: 888-NEB-MILK  
Fax: 402-592-1503  
E-mail: jean@nebmilk.org

**NEWS RELEASE**

**Nebraska State Fair 3-A- Day of Dairy Foods Contest  
*Youth and Adult Divisions***

Omaha, Neb. – [July 1, 2009]

Show off your cooking talents at the Nebraska State Fair's 3-A-Day of Dairy Foods Contest. On Saturday, August 29<sup>th</sup> from 9:00 am to 2:00 pm simply drop off your prepared dairy food item in Ag Hall. Entries for the Adult Division are based on established classes: Appetizers, Cheese Main Dish, Low-fat Dairy, and Breakfast Dish. For Youth Division entries, the class is Healthy Dairy Snacks. Refrigeration is available for all entries.

Prizes are awarded to the 1<sup>st</sup> and 2<sup>nd</sup> place in each class as well as one overall exhibit champion. The overall winner will receive a Champion Rosette, \$50 cash award, and the opportunity to appear LIVE on KOLN-TV with Dairy Council dietitian Beth Bruck-Upton to prepare their winning dish.

For more information including a complete set of contest rules please visit the American Dairy Association/Dairy Council of Nebraska website at [www.nebmilk.org](http://www.nebmilk.org).

The American Dairy Association/Dairy Council of Nebraska contributes to optimal health through leadership in nutrition research and education by encouraging food selection patterns that include dairy foods and other major food categories in accordance with scientific recommendations. The organization also performs advertising, public relations, and retail promotions on behalf of Nebraska dairy producers.

###