



IOWA EGG COUNCIL

2009 Cooking Contest Entry Form

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| First Prize | \$500 |
| Second Prize | \$400 |
| Third Prize | \$300 |
| Fourth Prize | \$200 |
| Fifth Prize | \$100 |

Entry must be received by:
February 28, 2009

Name: _____

Address: _____

City, State: _____

Zip: _____

Phone#: _____

Recipe Title: _____

Circle one: Adult
 Student (6th -12th grade)

If you are a student, please fill out:

School _____

School Phone # _____

Grade/Teacher _____

Mail to: **RECIPE CONTEST**
 Iowa Egg Council
 8515 Douglas Ave., Suite 9
 Urbandale, IA 50322

Or E-mail: jen@iowaegg.org

Cooking Contest Guidelines

Entrants:

1. Contest will be divided into two divisions: adults and students (6th – 12th grade).
2. Only one entry per person.
3. Entrant must be a resident of Iowa and live in Iowa at the time of the contest.
4. American Egg Board members, Iowa Egg Council officers, staff, and their immediate families are not eligible to participate.
5. Anyone who is involved in the preparation of food or the creation of recipes for pay is not eligible to participate.
6. Recipe must be from one individual, not a joint effort.

Recipes:

1. Recipes must be original and contain a minimum of 4 whole eggs and a maximum of 12 ingredients (all eggs count as one ingredient). Recipes may include: appetizers, main dishes, side dishes, snacks, desserts or beverages.
2. Recipe must be legibly printed or typed. Illegible recipes will be discarded.
3. All eligible recipes are judged equally on: nutritional content, good use of eggs, taste appeal, appearance and originality.
4. Recipes using raw egg will be discarded.

Contest:

1. All entries become the property of the Iowa Egg Council and will not be returned. Entry constitutes permission to edit, modify, adapt, publish and otherwise use the recipe in any way without further compensation.
2. By entering the contest, entrant agrees to abide by the final decisions of the judges of the contest or the contest committee on any matter concerning the interpretation of the contest rules.
3. Taxes on prize money are the responsibility of the winners.
4. The top 5 finalists in each category will participate in a cook-off on **April 4, 2009** at the Botanical Center in Des Moines. If a finalist does not participate in this event, he/she forfeits all winnings.
5. **All entries must be received by February 28, 2009.** All entries received after this date will be discarded.
6. Written notification to the ten finalists will be postmarked by **March 20, 2009.** Finalists will also receive a phone call on that date.