

SHOWCASE SHOWDOWN

LARAMIE, WYOMING
JUNE 17-19 **2025**



- NIGHTLY EVENTS
- 11 STATE CONTESTS
- 20+ WORKSHOPS OPPORTUNITIES FOR ALL 4-H MEMBERS

FOOD COOK-OFF

TEAM CONTEST

Contest Details:

- All WY 4-H Members
- Team contest consisting of 2-4 Youth
- 1 - 1.5 hour contest
- *Family Traditions, Themed Contest*
- Choose your own recipe and submit by June 1st.
- Interview Judging: Knowledge of My Plate, nutrition, food safety, serving size and cost
- Senior teams compete for eligibility at National Competitions

