

The following are Guidelines, Not Restrictions, for choosing a recipe that is appropriate for your experience level. If you feel you are capable of trying a recipe that is at a higher skill level, just remember you will be judged at the higher level.

Cloverbuds:

- ❖ Choose a recipe with no more than 6 ingredients
- ❖ No electrical appliances
- ❖ No sharp knives
- ❖ Choose simple recipes that require only measuring one or two ingredients and mixing by hand
- ❖ Recipes should not require cooking or baking
- ❖ Recipe examples: Fruit Delight, Peanut Butter Apple Dip, Deviled Eggs (parent cooks eggs), Creamy Fruit Dip, Cheese and Crackers, Cheese Ball, Various Salads, Pudding, Taco Salad Dip, Drinks, Fruit Parfait, Banana Cream Pie, Fruit Kabob, Sandwiches, Pumpkin Spread, Cinnamon-Raisin Spread, Gelatin Salad, Veggie Dip, ETC.

Level I = 1 or 2 years of Food Demonstrating Experience

- ❖ Choose a recipe with 6 or more ingredients
- ❖ Electrical appliances may be used
- ❖ Sharp knives are allowed
- ❖ Should choose a recipe where at least three ingredients need to be measured

Level II = 3, 4, or 5 years of Food Demonstrating Experience

- ❖ Recipe should contain 8 or more ingredients
- ❖ Using an electrical appliance is encouraged
- ❖ Sharp knives are allowed
- ❖ Recipe should need to be cooked: baked, fried, or boiled
- ❖ Choose a recipe where at least 5 ingredients need to be measured
- ❖ Recipes can be main dishes or a side dish but should not be dips, spreads, simple salad, pudding or drink

Level III = 6 or more years of Food Demonstrating Experience

- ❖ Recipe should be a main dish
- ❖ Modify your recipe by reducing: sugar, oil, fat, salt, and cholesterol
- ❖ Use substitutes: applesauce instead of oil, skim milk instead of whole milk, fruit juices can add sweetness instead of sugar, ETC.
- ❖ Recipe should use electrical appliances and need to be cooked, baked, fried, slow cooked in crock pot, boiled, or broiled.