

# 2019 COOKOUT CONTEST KIT



## COOKOUT KIT CONTENTS

- Planning Your Local Cookout Contest
- Iowa Farm Bureau State Fair Entries
- County Cookout Contest Entry Blank
- Sample News Release to Announce Contest
- Sample News Release to Promote Contest
- Food Safety and Handling
- Scorecard
- Rules Brochure



**PEOPLE. PROGRESS. PRIDE.™**

**IOWA FARM BUREAU**

## PLANNING YOUR LOCAL COOKOUT CONTEST

### **BUDGET:**

- Determine an appropriate budget for your local cookout contest (*location expenses, advertising, prizes, awards/ribbons, banners and other supplies*).
- Your County Cookout Contest may be held with another community event such as the county fair, town centennial, or other local celebrations or festivals.

### **PARTNERS:**

- Hold an organizational meeting.  
Some suggested partners: commodity organizations, county Farm Bureau committees (public relations, young farmer, etc.), Extension personnel, Jaycees, Chamber of Commerce, local merchants, press, GROWMARK Managers, Insurance Agency Managers, county Farm Bureaus who are not planning a contest or would like to collaborate

### **LOCATION & TIMING:**

- Locations can vary from county fairgrounds, to town squares, to parking lots, etc.
- Start planning your event at least six weeks in advance.
- Distribute **County Cookout Contest Entry Blanks** to various locations.
- All county cookout contest results must be submitted to the state office by August 5, 2019. If your contest is after August 5th please contact Lavonne Baldwin at 515-225-5633 or by email at [lbaldwin@ifbf.org](mailto:lbaldwin@ifbf.org).

### **JUDGES & SPONSORS:**

- Secure local personalities who are qualified to be judges (*i.e., food science or agricultural education instructors, radio and television personalities, local health professionals, mayors, newspaper food editors, etc.*).
- Ask local merchants to help sponsor your event through the donation of prizes, gift certificates, meat, etc.
- Sponsors may be willing to provide prizes in exchange for publicity.

### **PROMOTIONS:**

- For consistency, we ask that all Farm Bureau's refer to the event as the "Cookout Contest".
- Develop a plan for publicity, some ideas include: newspaper articles or ads (local or Spokesman), posters in the local stores and social media such as Facebook and Twitter.
- To generate public or media interest, personally invite city and county officials, local reporters, local businesses, ministers, school officials, radio personalities or any other local celebrity.
- Within this packet you will find sample news releases **Announcing** and **Promoting** your cookout contest.
- A list of scheduled County Cookout Contests can be found on the Iowa Farm Bureau Federation website.

### **CONTESTANTS:**

- Contestants are not required to be Farm Bureau members, however, what a great opportunity to gain membership!
- You may also have contestants from other counties, as not all counties hold a cookout contest.
- The following items should be readily available for contestants: **Rules Brochure, Food Safety and Handling, and Score Cards.**

### **PRIZES:**

- Select attractive prizes early and include information about the prizes in your news releases.

### **CONTEST TIPS:**

- Have a set of scorecards made up with contestants' numbers for each judge.
- Set a time that judging will begin and end.
- It is strongly suggested that you follow the same guidelines for your local county cookout contest as the Iowa Farm Bureau State Fair Cookout Contest. (*Refer to the **Rules Brochure** for additional information.*)

**GOOD LUCK WITH YOUR CONTEST!**

# IOWA FARM BUREAU STATE FAIR ENTRIES

## CONTEST RULES:

- All contestants must enter the Iowa State Fair Cookout Contest with the same recipe/meat item that won the local county contest.
- Refer to the **Rules Brochure** for additional information.

## ELIGIBILITY:

- Must be a winner of a local cookout contest registered with a county Farm Bureau.
  - Occasionally there are contestants that participate in multiple county cookout contests. Please ask the category winner if he/she has won any other Farm Bureau county cookout contests. If so, they must choose the county for which they will represent at the Iowa State Fair Cookout Contest. *(Please feel free to send the runner-up if the category winner is already representing another county.)*
- Past cookout champions and Farm Bureau or affiliated company employees are NOT eligible to compete.

## ENTRY CATEGORIES:

- INDIVIDUAL:
  - PORK
  - BEEF (*beef brisket is not allowed at the state fair contest due to cooking time restraints.*)
  - LAMB
  - POULTRY
  - TURKEY
  - COMBO/SPECIALTY (*combo-a recipe combining two or more meats from the eligible meat categories. example, bacon wrapped chicken breast*) *Specialty-Iowa domestically raised meats including, venison, goat, fish, etc., excluding wild game*
- YOUTH (*13 - 18 years old as of August 1, 2019.*)  
Will compete in both the Individual and the Youth Category.
- SHOWMANSHIP  
This category is open to all contestants (*excluding Team*). **Pre-registration is REQUIRED!** Confirm with all of your contestants if they wish to compete in this category.
- TEAM (A team must consist of 2 to 4 members and are encouraged to have a coordinated theme)

## ENTRY SUBMISSION:

- Notify Lavonne Baldwin at [lbaldwin@ifbf.org](mailto:lbaldwin@ifbf.org) when your county board decides to host a local cookout contest. Once the state office is notified, a supply order form, State Fair Cookout Contest registration form and recipe forms will be sent to you. These forms are fillable and can be submitted electronically. Remember to print a copy for your records when submitting to the state Farm Bureau office.
- Each county may submit one entrant per category.
  - Pork, Beef, Lamb, Poultry, Turkey, Combo/Specialty, Youth, Showmanship, Team
- **Please confirm with your contestant winners that they plan to compete in the Iowa Farm Bureau Cookout Contest, before submitting their names.**
- An email address is required in order for contestants to receive rules and instructions. Admission and parking tickets will be sent via postal mail. Submit all forms to Lavonne Baldwin Email: [lbaldwin@ifbf.org](mailto:lbaldwin@ifbf.org) or fax 515-225-5419.

## IMPORTANT DATES:

- **May 15:** Deadline for ALL county Farm Bureau's to submit their **Notice of County Contest**.
- **May – August:** Iowa Farm Bureau Federation promotes the County Cookout Contests. (*refer to [www.iowafarmbureau.com](http://www.iowafarmbureau.com) for dates and locations*).
- **August 5:** Deadline for county Farm Bureau's to submit their **Iowa Farm Bureau State Fair Cookout Contest Registrations and Recipe Forms**.
- **August 6:** Cookout packets mailed to contestants.
- **August 13, 2019** Iowa Farm Bureau Cookout Contest at the Iowa State Fair.

# COUNTY COOKOUT CONTEST

*ENTRY BLANK*

I plan to enter the

\_\_\_\_\_ (TOWN)

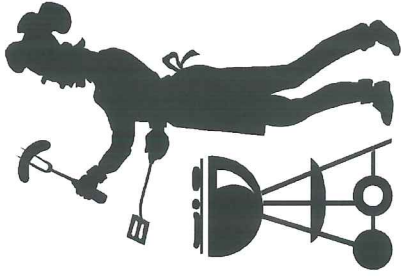
\_\_\_\_\_ (COUNTY)

Name \_\_\_\_\_

Address \_\_\_\_\_

Category of meat to be used in contest

\_\_\_\_\_  
*(Fill out and deposit in box or mail to local county Farm Bureau office.)*



# COUNTY COOKOUT CONTEST

*ENTRY BLANK*

I plan to enter the

\_\_\_\_\_ (TOWN)

\_\_\_\_\_ (COUNTY)

Name \_\_\_\_\_

Address \_\_\_\_\_

Category of meat to be used in contest

\_\_\_\_\_  
*(Fill out and deposit in box or mail to local county Farm Bureau office.)*



## SAMPLE NEWS RELEASE – PROMOTE CONTEST

(Suggested release promoting local cookout contest)

### FOR IMMEDIATE RELEASE

An outdoor cooking contest designed to promote Iowa meat is being planned by the \_\_\_\_\_ County Farm Bureau. Contest chairman \_\_\_\_\_ says that you don't have to be an expert chef to participate; you just need to enjoy cooking outdoors with quality Iowa meat.

Farm Bureau's cookout contest is open to any Iowa resident age 13 years or older. Farm Bureau or affiliated company employees are not eligible.

Contestants can compete in one of the following six categories: beef, pork, lamb, poultry, turkey, combo/specialty. Combo is a recipe combining two or more meats from the eligible meat categories. Specialty includes IOWA domestically raised meats including venison, goat, and fish etc. excluding wild game.

A Cookout Champion will be named, and awards will be given to winners in each cooking category. Special recognition will also go to winners of the showmanship, youth and team cooking categories.

The county contest will be held on  (date)  at  (time and location) . The county Cookout Champion will receive \_\_\_\_\_. Other category winners will receive \_\_\_\_\_.

The Cookout Champion, along with all first place category winners and winners of the showmanship, youth and team awards will have the chance to compete in the state finals at the Iowa State Fair on August 13, 2019.

Anyone interested in entering the \_\_\_\_\_ County Farm Bureau cookout contest should contact the county office at  (phone number)  by  (deadline) .

## Eating Outdoors: *Handling Food Safely*



*Keep your food safe: from the refrigerator/freezer — all the way to the picnic table!*

*Picnic and barbecue season offers lots of opportunities for outdoor fun with family and friends. But these warm weather events also present opportunities for foodborne bacteria to thrive. As food heats up in summer temperatures, bacteria multiply rapidly.*

*To protect yourself, your family, and friends from foodborne illness during warm-weather months, safe food handling when eating outdoors is critical. Read on for simple food safety guidelines for transporting your food to the picnic site, and preparing and serving it safely once you've arrived.*

### Pack and Transport Food Safely

Keep your food safe: from the refrigerator/freezer — all the way to the picnic table.

- **Keep cold food cold.** Place cold food in a cooler with ice or frozen gel packs. Cold food should be stored at 40 °F or below to prevent bacterial growth. Meat, poultry, and seafood may be packed while still frozen so that they stay colder longer.
- **Organize cooler contents.** Consider packing beverages in one cooler and perishable foods in another. That way, as picnickers open and reopen the beverage cooler to replenish their drinks, the perishable foods won't be exposed to warm outdoor air temperatures.
- **Keep coolers closed:** Once at the picnic site, limit the number of times the cooler is opened as much as you can. This helps to keep the contents cold longer.
- **Don't cross-contaminate.** Be sure to keep raw meat, poultry, and seafood securely wrapped. This keeps their juices from contaminating prepared/cooked foods or foods that will be eaten raw, such as fruits and vegetables.
- **Clean your produce.** Rinse fresh fruits and vegetables under running tap water before packing them in the cooler — including those with skins and rinds that are not eaten. Rub firm-skinned fruits and vegetables under running tap water or scrub with a clean vegetable brush while rinsing with running tap water. Dry fruits and vegetables with a clean cloth towel or paper towel. Packaged fruits and vegetables that are labeled "ready-to-eat," "washed," or "triple washed" need not be washed.

## Quick Tips for Picnic Site Preparation

Food safety begins with proper hand cleaning — including in outdoor settings. Before you begin setting out your picnic feast, make sure hands and surfaces are clean.

- **Outdoor Hand Cleaning:** If you don't have access to running water, use a water jug, some soap, and paper towels. Or, consider using moist disposable towelettes for cleaning your hands.
- **Utensils and Serving Dishes:** Take care to keep all utensils and platters clean when preparing food.

## Follow Safe Grilling Tips

Grilling and picnicking often go hand-in-hand. And just as with cooking indoors, there are important guidelines that should be followed to ensure that your grilled food reaches the table safely.

- **Marinate safely.** Marinate foods in the refrigerator — never on the kitchen counter or outdoors. In addition, if you plan to use some of the marinade as a sauce on the cooked food, reserve a portion separately before adding the raw meat, poultry, or seafood. Don't reuse marinade.
- **Cook immediately after "partial cooking."** Partial cooking before grilling is only safe when the partially cooked food can go on the hot grill immediately, for example at a home with a grill on the patio or deck.
- **Cook food thoroughly.** When it's time to cook the food, have your food thermometer ready. Always use it to be sure your food is cooked thoroughly. (See Safe Food Temperature Chart)
- **Keep "ready" food hot.** Grilled food can be kept hot until served by moving it to the side of the grill rack, just away from the coals. This keeps it hot but prevents overcooking.
- **Don't reuse platters or utensils.** Using the same platter or utensils that previously held raw meat, poultry, or seafood allows bacteria from the raw food's juices to spread to the cooked food. Instead, have a clean platter and utensils ready at grill-side to serve your food.
- **Check for foreign objects in food.** If you clean your grill using a bristle brush, check to make sure that no detached bristles have made their way into grilled food.

### SAFE COOKING TEMPERATURES

as measured with a food thermometer

GROUND MEAT & MEAT MIXTURES		Internal temperature
Beef, Pork, Veal, Lamb	_____	160 °F
Turkey, Chicken	_____	165 °F

FRESH BEEF, PORK, VEAL & LAMB	_____	145 °F
with a 3 minute rest time		

POULTRY		
Chicken & Turkey, Whole	_____	165 °F
Poultry Parts	_____	165 °F
Duck & Goose	_____	165 °F
Stuffing (cooked alone or in bird)	_____	165 °F

HAM		
Fresh (raw)	_____	160 °F
Pre-cooked (to reheat)	_____	140 °F

EGGS & EGG DISHES		
Eggs	_____	Cook until yolk & white are firm
Egg Dishes	_____	160 °F

SEAFOOD		
Fin Fish	_____	145 °F
or flesh is opaque and separates easily with fork		
Shrimp, Lobster & Crabs	_____	Flesh pearly & opaque
Clams, Oysters & Mussels	_____	Shells open during cooking
Scallops	_____	Milky white or opaque & firm

LEFTOVERS & CASSEROLES	_____	165 °F
------------------------	-------	--------



## Prevent “Cross-Contamination” When Serving

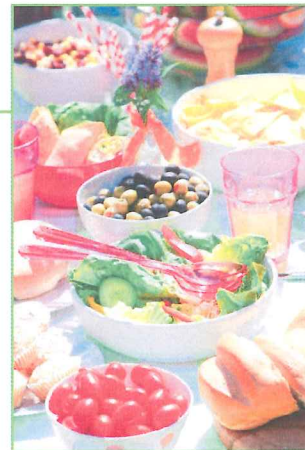
Never reuse a plate or utensils that previously held raw meat, poultry, or seafood for serving — unless they’ve been washed first in hot, soapy water. Otherwise, you can spread bacteria from the raw juices to your cooked or ready-to-eat food. This is particularly important to remember when serving cooked foods from the grill.

## Serving Picnic Food

### *Keep Cold Foods Cold and Hot Foods Hot*

Keeping food at proper temperatures — indoor and out — is critical in preventing the growth of foodborne bacteria. The key is to never let your picnic food remain in the “Danger Zone” — between 40 °F and 140 °F — for more than 2 hours, or 1 hour if outdoor temperatures are above 90 °F. This is when bacteria in food can multiply rapidly, and lead to foodborne illness.

Instead, follow these simple rules for keeping cold foods cold and hot foods hot.



### Cold Food



Cold perishable food should be kept in the cooler at 40 °F or below until serving time.

- Once you’ve served it, it should not sit out for longer than 2 hours, or 1 hour if the outdoor temperature is above 90 °F. If it does — discard it.
- Foods like chicken salad and desserts in individual serving dishes can be placed directly on ice, or in a shallow container set in a deep pan filled with ice. Drain off water as ice melts and replace ice frequently.

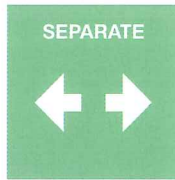
### Hot Food



Hot food should be kept hot, at or above 140 °F.






- Wrap it well and place it in an insulated container until serving.
- Just as with cold food — these foods should not sit out for more than 2 hours, or 1 hour in temperatures above 90 °F. If food is left out longer, throw it away to be safe.

## Safe Food Handling: Four Simple Steps







### CLEAN

#### Wash hands and surfaces often

-  Wash your hands with warm water and soap for at least 20 seconds before and after handling food and after using the bathroom, changing diapers, and handling pets.
-  Wash your cutting boards, dishes, utensils, and counter tops with hot soapy water after preparing each food item.
-  Consider using paper towels to clean up kitchen surfaces. If you use cloth towels, launder them often in the hot cycle.
-  Rinse fresh fruits and vegetables under running tap water, including those with skins and rinds that are not eaten. Scrub firm produce with a clean produce brush.
-  With canned goods, remember to clean lids before opening.





### COOK

#### Cook to the right temperature

-  Color and texture are unreliable indicators of safety. Using a food thermometer is the only way to ensure the safety of meat, poultry, seafood, and egg products for all cooking methods. These foods must be cooked to a safe minimum internal temperature to destroy any harmful bacteria.
-  Cook eggs until the yolk and white are firm. Only use recipes in which eggs are cooked or heated thoroughly.
-  When cooking in a microwave oven, cover food, stir, and rotate for even cooking. If there is no turntable, rotate the dish by hand once or twice during cooking. Always allow standing time, which completes the cooking, before checking the internal temperature with a food thermometer.
-  Bring sauces, soups and gravy to a boil when reheating.






### SEPARATE

#### Separate raw meats from other foods

-  Separate raw meat, poultry, seafood, and eggs from other foods in your grocery shopping cart, grocery bags, and refrigerator.
-  Use one cutting board for fresh produce and a separate one for raw meat, poultry, and seafood.
-  Never place cooked food on a plate that previously held raw meat, poultry, seafood, or eggs unless the plate has been washed in hot, soapy water.
-  Don't reuse marinades used on raw foods unless you bring them to a boil first.

### CHILL

#### Refrigerate foods promptly

-  Use an appliance thermometer to be sure the temperature is consistently 40° F or below and the freezer temperature is 0° F or below.
-  Refrigerate or freeze meat, poultry, eggs, seafood, and other perishables within 2 hours of cooking or purchasing. Refrigerate within 1 hour if the temperature outside is above 90° F.
-  Never thaw food at room temperature, such as on the counter top. There are three safe ways to defrost food: in the refrigerator, in cold water, and in the microwave. Food thawed in cold water or in the microwave should be cooked immediately.
-  Always marinate food in the refrigerator.
-  Divide large amounts of leftovers into shallow containers for quicker cooling in the refrigerator.



## IOWA MEAT CATEGORY SCORECARD

Contestant No. \_\_\_\_\_ Category \_\_\_\_\_

Judge's Score	Maximum Points	
_____	<b><u>Taste</u></b>	
_____	30	Taste / Flavor.
_____	15	Juiciness/Tenderness.
_____	10	Overcooked/Undercooked.
_____	10	Pleasing texture.
_____	<b><u>Appearance</u></b>	
_____	15	Appetizing color, is the garnish suitable and attractive? Does the prepared product have eye appeal?
_____	<b><u>Originality</u></b>	
_____	10	Is the recipe suitable for outdoor cooking?
_____	10	Is it an original idea, or a good adaptation?
<hr/>		
_____	100	Total Possible Points
_____	Judge's Signature _____	

**NOTE: Contestants are judged on their meat preparation only. Showmanship is judged separately.**



## SHOWMANSHIP SCORECARD

Contestant No. \_\_\_\_\_ Category \_\_\_\_\_

Judge's Score	Maximum Points	
_____	10	Use of side dishes to complement meat dish.
_____	10	Contestant's apparel. (Suitable for outdoor cooking.)
_____	35	Chef's knowledge of product and use of equipment -- culinary flair.
_____	25	Does this recipe have consumer appeal? (i.e., cost per serving and ease of preparation.)
_____	20	Overall appearance. (Table display, side dishes, meat dish, neatness of cooking area.)
<hr/>		
_____	100	Total Possible Points
_____	Judge's Signature _____	

**NOTE: Showmanship is judged separately from the Iowa Meat category judging.**

# IOWA FARM BUREAU STATE FAIR COOKOUT CONTEST ENTRY BLANK

Entry submitted by \_\_\_\_\_ County Farm Bureau

County Farm Bureau office assistants and/or regional managers: Please list names and addresses of first place category winners, showmanship, youth, and team winners who plan to compete in the Iowa Farm Bureau Cookout Contest at the Iowa State Fair. Verify with your contestants that they plan to compete in the state contest before submitting their names to Iowa Farm Bureau Federation on this form.

<u>Entry</u>	<u>Name</u>	<u>Address</u>	<u>Showmanship (y/n)</u>
BEEF			
PORK			
LAMB			
POULTRY			
TURKEY			
COMBO/ SPECIALTY	(two or more selections of the Iowa meats category / venison, goat or any other Iowa domestically raised product, excluding wild game)		
YOUTH	(must be 13 to 18 years of age as of August 1, 2019)		
	YOUTH MEAT CATEGORY		

<u>Entry</u>	<u>Name</u>	<u>Address</u>	<u>Category</u>
SHOWMANSHIP			
TEAM NAME MEMBERS			
<small>(only one team entry per county will be accepted)</small>			
<small>(team members are not eligible to compete in the individual categories)</small>			

**PLEASE SUBMIT THIS ORDER FORM TO:** *Lavonne Baldwin*  
*(Print a copy for your records)* Email: [lbaldwin@ifbf.org](mailto:lbaldwin@ifbf.org)

ATTACH A RECIPE FORM FOR EACH ENTRANT LISTED ABOVE.

~~~~~  
**Entry Deadline**  
**August 5, 2019**

# RECIPE FORM

All contestants must enter the Iowa Farm Bureau Cookout Contest with the same recipe/meat item which won the local county cookout contest.

**INDICATE CATEGORY:**

- |                                  |                                          |
|----------------------------------|------------------------------------------|
| <input type="checkbox"/> BEEF    | <input type="checkbox"/> LAMB            |
| <input type="checkbox"/> TURKEY  | <input type="checkbox"/> PORK            |
| <input type="checkbox"/> POULTRY | <input type="checkbox"/> COMBO/SPECIALTY |
| <input type="checkbox"/> TEAM    |                                          |

**NAME:**  
**ADDRESS:**  
  
**PHONE:**  
**E-MAIL:**  
**COUNTY:**

**NAME OF RECIPE**

Please be as detailed as possible so that we may include your recipe in the Cookout Contest Recipe Booklet.

**INGREDIENTS** (please include exact measurements and ingredients):

**DIRECTIONS** (please be as specific as possible, remember to include times, temperatures, and method of cooking, etc):  
Food safety recommended guidelines will be followed for all submitted recipes.

Will this contestant be entered in the Youth Category:  Yes  No

Will this contestant be competing in Showmanship (pre-registration is required)?  Yes  No

Will this contestant need access to electricity:  Yes  No

Is this contestant a Farm Bureau Member?  Yes  No

**Entry Deadline**

**August 5, 2019**