

PEI Women's Institute Island Product Youth Cooking Contest

peiwi.ca

ENTRY REQUIREMENTS

- Entries must incorporate at least three (3) Prince Edward Island agriculture or fishery based ingredients (fruits, vegetables, grain, dairy, eggs, beef, pork, poultry, fish, shellfish, etc.).
- Entry and recipe forms must be completely filled out in order to be eligible.
- Entrants must be Island students in junior high or high school (grades 7-12).

CHECKLIST - BE SPECIFIC!

- Complete list of ingredients included in your recipe.
- Complete list of measurements (i.e. ½ cup flour, 1 tbsp. vanilla, etc.)
- Complete step-by-step cooking procedure.
- Complete creative description (optional) of recipe.
- Submit entry form and recipe form (pages 2 and 3).

HELPFUL TIPS

- Try recipes and techniques you might not typically prepare!
- Create your own recipes from scratch, use family recipes, or those found online.
- Feel free to explore different methods of preparing foods as well (i.e. Instant Pot, slow cooker, oven, grill, etc.).

DEADLINE DETAILS

- Entries must be submitted to the PEIWI Office no later than **DECEMBER 15th**.
- Late entries will not be accepted.
- Multiple entries permitted, must include separate entry and recipe forms.
- If you have any questions, please call the PEIWI Office at 902-368-4860.
- Forward entry and recipe forms to:

PEI Women's Institute
40 Enman Crescent - Room 105
Charlottetown, PE C1E 1E6

-or-

wi@gov.pe.ca

(if you do not receive a confirmation email within 24 hours, please call the PEIWI Office)

All submissions will be reviewed
by a panel of judges in the first round.

Finalists will then be asked to submit a short slideshow
presentation or video to be eligible for cash prizes.



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ENTRY FORM

CHECK EITHER SINGLE OR GROUP ENTRY AND FILL OUT*
THE CORRESPONDING INFORMATION BELOW:

***PLEASE PRINT CLEARLY**

SINGLE ENTRY

FIRST NAME: _____

LAST NAME: _____

MAILING ADDRESS: _____

TOWN/CITY: _____

POSTAL CODE: _____

CONTACT PHONE NUMBER: _____

CONTACT EMAIL ADDRESS: _____

SCHOOL: _____

GRADE: _____

SIGNATURE: _____



GROUP ENTRY - PLEASE NOTE A "GROUP LEADER" MUST BE IDENTIFIED

GROUP LEADER'S FIRST NAME: _____

GROUP LEADER'S LAST NAME: _____

GROUP LEADER'S MAILING ADDRESS: _____

GROUP LEADER'S TOWN/CITY: _____

GROUP LEADER'S POSTAL CODE: _____

GROUP LEADER'S CONTACT PHONE NUMBER: _____

GROUP LEADER'S CONTACT EMAIL ADDRESS: _____

SCHOOL: _____

GRADE(S): _____

NAMES OF ALL GROUP MEMBERS: _____

GROUP LEADER'S SIGNATURE: _____

I/we give permission for this recipe to be entered into the Island Product Youth Cooking Contest. All entries will become property of the sponsor, PEI Women's Institute. Entry and recipe forms can be downloaded at peiwi.ca. This form must be attached to all recipes in order for the entry to be eligible for this contest. More than one entry is eligible. Deadline is **DECEMBER 15**. Please email to wi@gov.pe.ca or mail to 40 Enman Crescent - Room 105, Charlottetown, PE C1E 1E6.

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RECIPE FORM

RECIPE TITLE:

RECIPE CATEGORY

- Appetizer
- Soup
- Main Dish
- Dessert

INGREDIENTS (include measurements)

METHOD/PROCEDURE (use other side if needed)

ADDITIONAL COMMENTS/SERVING SUGGESTIONS