



2025 GALLATIN COUNTY 4-H STIR-UPS COOKING CONTEST

Saturday, February 22nd 1:30pm-7pm at MSU Herrick Hall Food Lab Rm. 120

Register through ZSuite by Friday, February 7th by 5pm.

Contest Award Ceremony will be held Thursday, March 6th at 6pm at the 4-H Extension Office



What is Stir-Ups Cooking Contest?

Stir-Ups is an opportunity for 4-H youth members to prepare an appealing, nutritious meal using food safe techniques and present their dish to a panel of judges for tasting.

Why Participate?

This contest provides 4-H youth members the experience to test their time management, practice food preparation skills, become more confident, and discover where they can improve. Contest winners that are ages 8-13 can earn money towards a trip to our 4-H Summer Camp and those ages 14+ can earn money towards a trip to Montana State 4-H Congress.



2025 Theme: TEX MEX BOWLS

Meal preparation and Cleanup: Up to 60 mins.

Presentation to Judges: Up to 15 minutes
in length

Divisions:

- Juniors (ages 8-10)
- Intermediates (ages 11-13)
- Seniors (ages 14+)

**Members can compete individually or as a team with another member.