



CANADA
4-H Nova Scotia

Online Local Foods Competition

This is an open competition for all 4-H members.

Showcase your favourite recipe using your favourite local foods!

We want to see how you can use local products or food you have grown in your backyard, in a Nova Scotia inspired dish. Send in a photo of the dish you created, made with local ingredients along with a report outlining the ingredients and recipe you used.

All competition entries will be featured on the 4-H Nova Scotia website.

It is recommended that the judges of this competition evaluate the items according to these guidelines:

- 50% Report/Recipe
- 25% Photo
- 25% Connectivity to locally grown ingredients

To participate in the competition, send in a photo of your finished project, recipe and report to info@4hnovascotia.ca. The top three Junior and Senior entries will receive a certificate and medal. All participating Cloverbuds will receive a participation certificate.

Deadline: September 14th