

SHOWCASE SHOWDOWN

LARAMIE, WYOMING
JUNE 15-18 **2026**



- NIGHTLY EVENTS
- 13 STATE CONTEST
- 20± WORKSHOPS

FOOD COOKOFF

team contest

Contest Details:

- 4-H youth (ages 8 - 18)
- Team Contest, consisting of 2-4 youth
- 1 hour 15 minute contest
- **Celebrate 250 with Sizzle & Spice, Themed Contest**
- Choose your own recipe and submit by June 1st.
- Interview Judging: Knowledge of My Plate, Nutrition, Food Safety, Serving Size and Cost
- Senior teams compete for eligibility at the National Competition.

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