



# 2026 GALLATIN COUNTY 4-H STIR-UPS COOKING CONTEST

**Saturday, February 28<sup>th</sup> 1:30pm-7pm at MSU Herrick Hall Food Lab Rm. 120**

Register through ZSuite by **Monday, February 2<sup>nd</sup> by 5pm.**

County Contest Award Ceremony will be held Tuesday, March 10th at 6pm at the Fairgrounds



## What is the 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.



## 2026 Theme: ASIAN CUISINE

**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.**