

YMCA 2<sup>nd</sup> ANNUAL FAMILY NIGHT OUT  
FRIDAY MARCH 12<sup>th</sup>, 2010 5-8 PM

CROCK POT COOK-OFF RULES:

- Participants may enter the following 5 categories: soup/stew, kid fare, dessert, vegetarian entrée, meat entrée (beef, poultry, pork or fish). Participants can enter multiple dishes in one or all categories; however, all dishes must be brought to the YMCA in a Crock Pot.
- Entry registration forms must be received by March 1, 2010.
- Official signed cook-off registration forms must include recipe title and a list of all ingredients that will be used (quantities do not need to be included).
- It is suggested (though not required) that each cook use a crock-pot with a capacity of 5 or more quarts since winners will be determined based on the highest number of votes.
- Entries do not have to be original recipes.
- Food must be prepared in the most sanitary manner possible (i.e. proper hand-washing, preparation on clean surface, etc.).
- All meat and poultry used must be obtained from USDA approved sources.
- All entries must be received in a Crock Pot by 4:30 PM on March 12, 2009. Crock Pots containing meat must follow food safety standards for temperature and will be digitally measured prior to being accepted (all meats must be at 160°C in the thickest part of the meat)
- Cooks are welcome to bring their dishes to the YMCA earlier than 4:30 PM and tend to their entries. Alternatively, last minute additions or instructions can be left with YMCA staff. A staff member will be assigned to monitor food from 4:30 PM to the end of the event.
- Attendees of the Family Night Out will be the official judges. One voting card will be given upon arrival to each individual who would like to participate.
- Voting cards will be collected at 7:00 PM. Winners will be announced at 7:30 PM.
- **FIRST PLACE** winners in each category will receive \$100.00. **SECOND PLACE** winners in each category will receive five YMCA guest passes (a \$50.00 value).