

# The OSF Women's Lifestyle Show

## Crock-Pot® Cook Off.

### Official Rules

What is your favorite crock pot recipe? Whatever your family favorite, enter it in the Crock-Pot® Cook Off to win a \$250 Kroger shopping pass.

When: Saturday, October 27, 2018

Where: 2018 OSF Women's Lifestyle Show, Peoria Civic Center, 201 SW Jefferson Ave, Peoria, IL

Awards: The winners will be selected by our panel of elite judges who will award a \$250 Kroger shopping pass.

Entry Fee: FREE

#### Eligibility

- Only the first 25 eligible entries received will be considered
- You must be at least 18 years of age
- Only one person per household

#### General Rules

- The original recipe of choice is completely up to the participant. Original recipes can be appetizers, entrees, sides or desserts and can be suited for breakfast, lunch, dinner, or snacks.
- Only one recipe submission per household.
- The majority of the recipe (over 50%) must be prepared in a crockpot or other form of slower-cooker, including an Instant Pot®.
- Complete the Entry Form **(Form A)** and submit by email on or before October 18, 2018.
  - You will get an email confirming your entry and the approval of your original recipe (for food safety and rule-compliance reasons).
  - Email forms only are available.
- Create recipe prior to event following the Food Safety Standards. **(Form B)**
- Dishes are to be prepared and submitted to the 2018 OSF Women's Lifestyle Show at the Peoria Civic Center, 201 SW Jefferson Ave, Peoria, IL by 10am on October 27, 2018.
  - Formal judging will begin at Noon. Dishes will be judged by taste (70%), presentation/appearance (20%), and originality (10%).
  - Winners will be announced at 2pm.
  - Participants need to be present to win.

# The OSF Women's Lifestyle Show Crock-Pot® Cook Off

## Entry Form Form A

Must be emailed on or before October 18, 2018. No exceptions. Only the first 25 eligible original recipes will be able to participate (See rules). Submit by email only to: [osfwomen@osfhealthcare.org](mailto:osfwomen@osfhealthcare.org)

Name: \_\_\_\_\_

Age: \_\_\_\_\_ Gender: Male / Female

Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Phone number: \_\_\_\_\_

Email: \_\_\_\_\_

Original Recipe: \_\_\_\_\_

Attach recipe or write below.

Ingredients:

Directions:

Cook Time: \_\_\_\_\_ Number of servings & serving size: \_\_\_\_\_

Must complete the template on next page, which will be displayed with dish.

I have read and understand the rules of the OSF Women's Lifestyle Show Crock-Pot® Cook Off and agree to comply with all guidelines in both the preparation and presentation.

Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Printed name: \_\_\_\_\_ ( initial ) You may publish my name & recipe.

**The OSF Women's Lifestyle Show  
Crock-Pot® Cook Off**

Contestant Number: # \_\_\_\_\_ (completed by host)

Name of Recipe: \_\_\_\_\_

All ingredients: \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

This dish contains: (Mark all that apply)

- |  |                                    |                               |
|--|------------------------------------|-------------------------------|
| <input type="checkbox"/> Dairy         | <input type="checkbox"/> Peanuts   | <input type="checkbox"/> Soy  |
| <input type="checkbox"/> Fish          | <input type="checkbox"/> Tree nuts | <input type="checkbox"/> Eggs |
| <input type="checkbox"/> Wheat/ Gluten | <input type="checkbox"/> Shellfish |                               |

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### Preparation Food Safety Standards

#### Form B

All food brought to the competition must comply with food safety standards.

- No outdated, expired, or spoiled ingredients may be used.
- After dish is cooked, the crock-pot® must be kept on warm and reach at least 135 F.
- Dish can be made no earlier than 1 day prior to competition. It must be stored in refrigeration below 41 F until present at contest.
- All cooking equipment, including dishes and utensils must be properly sanitized.
- Appropriate hand hygiene must be followed.
- Food and preparers must avoid cross contamination. Sick individuals should not participate in the contest. For example, individuals with the flu or any other sickness cannot produce the dish.
- For any questions about food safety, please contact Peoria County Health Dept. (309)679-6000
- <http://www.pcchd.org/152/Food-Safety>
- <http://www.pcchd.org/153/Food-Borne-Illnesses>