

**2020
Department 74
Cookbook Cooking Contest
With “Snack Girl” Lisa Cain
Friday, October 2, 2020, 6:30 pm**

Join us on Friday, October 2nd with your favorite prepared recipe from our featured local cookbook author Lisa Cain. Lisa is the author of the popular healthy eating blog “Snack Girl,” and author of ***Snack Girl to the Rescue!*** cookbook featuring 100 recipes. Her website and cookbook are devoted to becoming healthier. She creates recipes, reviews food products, and supports those on a healthy journey. Her recipes include breakfasts, main dishes, sides, snacks and desserts.



Lisa Cain will be our guest judge and will discuss her recipes and answer questions.

All exhibitors are required to read and comply with the GENERAL RULES AND REGULATIONS of the Creative Arts Division			
Entry Form Due	September 25	Online entry: https://TheBigE.fair-wire.com	Email Creativearts@TheBigE.com Fax 413-205-5104 Mail Eastern States Exposition Creative Arts–Cookbook 1305 Memorial Avenue West Springfield MA 01089
Entry Limit	One (1) entry per exhibitor		
Classes	E: All Ages		
Premiums	First \$100	Second \$50	Third \$25
Receiving	Friday, October 2, 5:30 pm to 6:30 pm		New England Center
Judging	Friday, October 2, 6:30 pm		
Release	After all judging is completed (except first place winners)	<u>First Place Winner:</u> Monday, Oct. 5, 12 pm-7pm Tuesday, Oct. 6, 8am-1pm	New England Center
An exhibitor registration received by the due date (in chart above) and meeting all the rules of the contest may receive reimbursement for two (2) entry tickets and \$10 for parking per household upon receipt of entered items. Exhibitor must be present for reimbursement.			
After November 1, all unclaimed items become the property of Eastern States Exposition and will be disposed of as deemed necessary.			
For additional information, please contact Creative Arts at Creativearts@TheBigE.com or call 413-205-5015.			

Division 7401: Cookbook Cooking with “Snack Girl”

- All entries must be recipes created from Lisa Cain’s ***Snack Girl to the Rescue!*** Cookbook, available through your local library or CWMARS (<https://www.cwmars.org/>) or from Lisa Cain’s SnackGirl Blog <https://snack-girl.com/>.
- All entries are showcased at room temperature. We do not have refrigeration available.



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3. Contestants must purchase a pass into the Fair as well as parking. An exhibitor registration received by the due date (in chart above) and meeting all the rules of the contest may receive reimbursement for two (2) entry tickets and \$10 for parking per household upon receipt of entered items. Exhibitor must be present for reimbursement.
4. **You must be present to compete.**
5. Any alterations to the original recipe should be typed or neatly written to be included with the item. Alteration of an original recipe must include the name of the recipe, a list of ingredients with standard U.S. measurements and complete, step-by-step cooking instructions for any alterations made. Please include your name, address, phone number and email on the back of your recipe. Your name should not be visible to the judges.
6. All entries must be covered with a clear cover or clear plastic wrap.
7. Each contestant is required to enter their item with serving portion for 4 or more people.
8. Entries are to be brought in fully baked or cooked, completely prepared and ready for display.
9. Due to high temperatures and food safety during Fair, all perishables must be kept in an insulated container such as an ice chest. The Fair does not have the facility to store your entry.
10. All contestants must use inexpensive, disposable storage containers for all entries.
11. Entries must have been prepared/made/processed by the exhibitor in whose name they are entered.
12. . With entry submission, you accept all contest rules and agree to be bound by the judges' decisions. Judges decisions are FINAL.