

# Earth Day Event PRE-CONTACT FOOD COOKING CONTEST

April 21, 2017

12 noon - 1:00 p.m.

College of Menominee Nation, Cultural Learning Center, Keshena

RULES	SCORING	REGISTRATION
<p>You must use at least one pre-contact food in your dish</p> <p>Foods cannot be fried</p> <p>You don't have to share the recipe but you must list the ingredients used in your dish</p>	<p>Judges will score foods based on number of pre-contact foods used (the more you use the more points you receive)</p> <p>+</p> <p>Up to 25 points for presentation (how does the food look?)</p> <p>+</p> <p>Up to 25 points taste</p>	<p>Pre-registration deadline is April 14, 2017, to receive your incentive</p> <p>Dishes can be registered the day of the event</p> <p>Registration closes April 21, 2017, at 11 a.m.</p>

## What's a pre-contact food?

**A pre-contact food is any grain, fruit, vegetable, or meat that was harvested, grown, or hunted from the land**

### EXAMPLES OF PRE-CONTACT FOOD

Fruits	Vegetables	Grains	Protein	Other
Strawberries	Squash	Wild rice	Peanuts/Nuts	Maple Syrup
Blackberries	Onions	Quinoa	Venison	Chocolate
Apples	Potatoes	Corn meal	Fish	
Cherries	Leafy greens		Dried beans	
Cranberries	Pumpkin			
Tomatoes	Milkweed			

For more information, contact Amanda Reiter, 715-799-6226 ext. 3148 [amreiter@menominee.edu](mailto:amreiter@menominee.edu) Community Technology Center



Photo courtesy of MITW Historic Preservation