

# CHILI COOK OFF

## ENTRY FORM

### VALLEY VISTA SPRING CHILI COOK OFF & CRAFT FAIR

MAY 3rd, 2025

Come join us for our 1st Chili Cook Off! Enter your favorite concoction and compete against other secret recipes! There will be lots of fun, excitement, and prizes for the BEST Chili !

1 st Prize --- \$100

2nd ---\$50

3rd ---\$25

TEAM NAME \_\_\_\_\_

COOKS / TEAM MEMBERS \_\_\_\_\_

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

NAME & CONTACT INFORMATION OF HEAD COOK :

\_\_\_\_\_

ENTRY FEE - \$20 ( \$10 WILL BE RETURNED TO YOU AT  
SET UP)

PLEASE TURN IN COMPLETED ENTRY FORMS AND ENTRY FEE TO  
VALLEY VISTA BY APRIL 16TH

send to [Valleyvistacreations@gmail.com](mailto:Valleyvistacreations@gmail.com)

Each team must submit the registration form and pay the \$20 fee. At the event you will receive \$10 back.

You need to be set up and ready by 10 AM to start sampling. We will announce the winner at 4 PM

The public will be the only judges. So make a chili everyone will like.

Bring a crock pot or some way to keep your chili warm. We will have power for you to use.

Bring small sample cups and spoons to hand out chili samples.

You will also need tables and chairs for you to sit in you can also bring a easy up that is no bigger then a 10 x 10 and needs to be weighted down.

This is a way to have the community get together and have some fun .

## 1. Clean

**Always wash your food, hands, counters, and cooking tools.**

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



## 2. Separate (Keep Apart)

**Keep raw foods to themselves. Germs can spread from one food to another.**

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



## 3. Cook

**Foods need to get hot and stay hot. Heat kills germs.**

- Cook to safe temperatures:
  - Beef, Pork, Lamb 145 °F
  - Fish 145 °F
  - Ground Beef, Pork, Lamb 160 °F
  - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



## 4. Chill

**Put food in the fridge right away.**

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
  - In the fridge
  - Under cold water
  - In the microwave
- Marinate foods in the fridge.



# Food Safety at Home

## Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

## Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

## Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.  
To get other women's health resources, go to

[www.fda.gov/womens](http://www.fda.gov/womens)

