North Dakota 4-H is hosting a "BBQ Junior Grill Masters Bootcamp" Chef for a Day Grill-off contest

**WHO:** 4-H’ers and other youth 11 to 18 years old are invited to join the fun.

**TEAMS:** County teams (or combined counties) of three to four members. Each team may include a mentor (youth or adult volunteer, industry producer, parent, chef or food industry worker) who can help coach the team through preparation.

**WHERE:** ND Beef Commission State Office Parking Lot 4023 State St., Bismarck, ND 58503

**WHAT:** A two-hour program starting with the BBQ Junior Grill Masters Bootcamp, where youth will learn about grilling and food safety. The second hour will be the Chef for the Day Grill-off contest.

**SUPPLIES:** All equipment, meat and basic ingredients will be supplied. Participants are encouraged to bring up to three additional special ingredients (no home-processed products) to make their dish original (no refrigeration supplied).

**REGISTER:** 4Honline

**COST:** Free! Youth will receive a grilling apron for participating. Come join the fun!

This program is part of a research study to evaluate the effectiveness of this program and positive youth development.

Rules, recipe entry and score sheet: [https://www.ndsu.edu/4h/programs_events/state_4_h_contests/grill_off_contest/](https://www.ndsu.edu/4h/programs_events/state_4_h_contests/grill_off_contest/)

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