




NORTH COUNTRY JUNIOR IRON CHEF



Registration
extended!



How to Participate

- 
- Gather team of middle or high schoolers
 - Sign up on event website by February 10th
 - Create healthy recipe that includes a Farm-to-School item
 - Develop a presentation for the judges
 - Compete against other schools on March 29th!

To be eligible, schools must participate in Fresh-cut Farm-to-School Program. See list on event website.



Cornell Cooperative Extension
St. Lawrence County

Event details and
registration: bit.ly/ncjic
315-379-9192



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