



## Soup and Solstice Soup Cook-off Guidelines

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Thank you so much for your interest in participating in our Soup and Solstice Soup Cook-Off fundraiser at Feeding Laramie Valley (FLV)! Community members of all ages are encouraged to submit their favorite soup in our third annual soup-off. During this event, we will be partnering with local artists and crafters to provide hand-crafted bowls for attendees to purchase and fill with your soup at our Soup & Solstice Celebration on December 18, 2024, from 5:00 PM- 7:00 PM. Donated bowls and mugs will be sold by Feeding Laramie Valley, with 100% of the profits going towards accomplishing FLV's mission of building equitable, just, and sustainable food systems in Albany County, WY. FLV has over 13 programs that contribute to accomplishing our mission, such as Shares bags, the Mobile Market, the Satanka Food and Community Innovation Hub, Community Gardens, and more.

### Eligibility:

Soup submissions are open to individuals of all ages in Albany County. All skill levels (amateurs and professionals) are welcome.

### Soup-off Guidelines:

- All entries must be made from “home-style” ingredients. No packaged mixes or canned soup.
- All types of soups or stews will be accepted. Chili will not be accepted.
- Each soup submission must include your name, phone number, a list of ingredients, and a short story about your soup. The full recipe is optional but appreciated!
- All entries must be pre-cooked before the event. Therefore, food should be “ready to eat.”
- Contestants are responsible for supplying their own utensils and products related to their entry. Please bring soup in a crockpot(s), Instapot(s), or a pot that can be heated on a hot plate. Tables and table covers will be provided. Please bring extension cords to use from the table to the power strip, we do have a limited amount available for use.
- Setup for participants starts at 4:00 PM, Wednesday December 18, 2024. Sampling begins at 5:00 PM. All contestants must have at least one person on hand throughout the event to serve and supervise their area until voting ends. In addition, each contestant is responsible for cleaning up and for removing all items from their area. Cleaning may begin at 7:00 PM.
- Local artists will donate bowls for attendees to purchase. For attendees not purchasing reusable bowls, Feeding Laramie Valley will provide compostable bowls, plastic spoons, and napkins.
- **The entry deadline is December 16, 2024.** Please submit your entry form to [alexia@feedinglaramievalley.org](mailto:alexia@feedinglaramievalley.org), submit your form online, bring a copy, or pick up a copy to be filled out at our office at 968 North 9<sup>th</sup> Street, Laramie WY, 82072.
- Most of all: have fun, and THANK YOU for supporting your Feeding Laramie Valley through this fundraising effort!



**General Rules:**

- Contestants agree to have their photo or soup photo published without compensation.
- The top 3 winners will receive recognition and an award!

**Judging:**

- Judging will be done by “people’s choice” and begin at 5:00 PM. Attendees, “the judges,” will be given one voting ballot upon entering the event, and each attendee will be able to choose their favorite soup to vote for Feeding Laramie Valley’s Best Soup of Soups. Feeding Laramie Valley’s Soup and Solstice soup-off winners will be announced at 6:45 PM on December 18!
- 1st – 3rd place prizes will be awarded to the top 3 people’s choice winners. The individual with the most votes will be awarded the Grand Champion Prize for Feeding Laramie Valley’s 2023 Best Soup of Soups. The 2nd and 3rd place winners will also receive a prize and recognition. You must be present to win!