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# IOWA DAIRY PRINCESS HANDBOOK

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*An informational guide for county and breed dairy  
princess program coordinators*

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Revised January 2025

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# Introduction

Dear County/Breed Princess Program Coordinators:

For more than 65 years, the Iowa Dairy Princess program has been a highly visible and positive public relations program for our industry. Dairy princesses can be very effective at connecting with consumers about the dairy community and promoting the goodness of dairy products. Their work can amplify the work being done on behalf of dairy farmers through the dairy checkoff.

Throughout the year, a dairy princess has numerous opportunities to make public appearances. It is important, therefore, that her general attitude, personality, behavior, knowledge and appearance create a positive image for dairy products and Iowa's dairy community.

As a dairy princess, a young woman must be an excellent communicator who is able to interact with people of all ages. As a spokesperson for the dairy industry, she must be poised, articulate and confident during speeches and media interviews. Princesses who advance to compete in the Iowa Dairy Princess contest must also be capable of written communications, time management and personal responsibility for assignments.

While a dairy princess doesn't have to be a "dairy expert," she should have sufficient knowledge of dairy production and the importance of milk and other dairy foods in a healthy diet.

There are two primary purposes for this handbook:

1. To assist county and breed princess coordinators in their planning efforts
2. To provide uniform guidelines for use at all levels of dairy princess activity, thus ensuring consistency throughout the program.

For any questions regarding county/breed princess programs or the Iowa Dairy Princess program, please do not hesitate to contact me at (563) 380-8372 or [IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com)

Sincerely,

*Heidi Lantzky*

Heidi Lantzky  
Coordinator, Iowa Dairy Princess Program

## Planning Your County/Breed Princess Contest

- If you are new at coordinating your county or breed princess contest, invite people who have previously planned the contest to attend your first planning meeting.
- Ask past county or breed princesses to serve on the planning committee.
- Send a news release to area media to increase coverage and publicity of the contest (see Sample Press Release).
- Use social media to attract candidates (see Sample Social Media Posts).
- Following the contest, schedule an evaluation meeting to discuss what worked and suggest plans for next year.
- Keep a scrapbook of notes, correspondence, clippings, contacts, etc. that can be passed on to next year's contest coordinators.
- A reminder, county or breed crown must not be circular. A tiara style is preferred.
- Visit [MidwestDairy.com](http://MidwestDairy.com)>>Young Dairy Leaders >> Dairy Princesses >> Iowa for resources.
- Reach out to [IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com) for questions or guidance as you are planning your contest.

## Suggestions for Recruiting County/Breed Princess Candidates

- Send a news release to local newspapers and county extension offices announcing that candidates are being sought for your county's princess contest (see the Sample Press Release).
- Use social media to recruit candidates (see Sample Social Media Posts). Encourage your county/breed dairy farmers and past princesses to share your post to seek candidates.
- Contact the school guidance counselor and agriculture teacher and ask them to promote to their students.
- Work with your local extension agents and 4-H coordinators.
- Encourage farmers to talk to their employees to let them know that they or their children may be eligible.
- Schedule an informal meeting for all interested candidates to attend. Explain the duties and benefits of being involved in the princess program. Have current or past princesses speak to the group.
- Use the current princesses as recruiting tools for younger candidates through 4-H, FFA, etc.

## Sample Press Release (Candidate Recruitment)

Contact: (Name, phone number, email) (Date)

FOR IMMEDIATE RELEASE

### **(NAME OF COUNTY/BREED ORGANIZATION) DAIRY PRINCESS CANDIDATES SOUGHT**

(County/Breed Organization) is seeking candidates to participate in this year's dairy princess program. Dairy princesses serve as goodwill ambassadors for the dairy industry through appearances that help explain dairy farmers' passion for taking care of their animals and land while providing nutritious food for people locally and throughout the world. The princess contest will be held (date) at (location).

A candidate must be at least (age) years old and not yet 24 years old by (date, year of contest). All candidates must have an active interest in the Iowa dairy industry.

The dairy princess program is sponsored by the (County/Breed Organization's) dairy farmers in conjunction with Midwest Dairy's Iowa Division and the dairy checkoff. Serving as a county/breed dairy princess is also the first step toward becoming Iowa Dairy Princess.

Candidates are judged on their communication skills, personality, enthusiasm for dairy promotion and general knowledge of the dairy industry.

For a complete rules and application form, contact (name, phone number, email).

## Sample Social Media Posts

\_\_\_\_\_(County/Breed Organization)\_\_\_\_\_ is seeking applicants interested in being a dairy princess. Please contact \_\_\_\_\_(Name)\_\_\_\_\_ for more information.

Are you a young lady who loves dairy? Become a \_\_\_\_\_(County/Breed Organization)\_\_\_\_\_ dairy princess today to share your love of dairy with others. Contact \_\_\_\_\_(Name)\_\_\_\_\_ for more information

Three reasons to become a \_\_\_\_\_(County/Breed Organization)\_\_\_\_\_ dairy princess:

1. Network with peers and other leaders in the dairy industry
2. Learn how to share your dairy story with others.
3. Learn life-long skills that will help you in your future career.

Contact \_\_\_\_\_(Name)\_\_\_\_\_ to learn more.

### **Social Tips**

- Less is more when it comes to social, keep your points clear and concise.
- Keep it fun, you don't need to share everything in one post.
- Include an image whenever possible, images help your post get more views.

Feel free to edit or customize as you would like. If you have any questions regarding the news release or the social posts, please contact [IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com)

## Sample Press Release (Candidate Announcement)

Contact: (Name, phone number, email) (Date)

FOR IMMEDIATE RELEASE

### **(NAME OF COUNTY/BREED ORGANIZATION) DAIRY PRINCESSES TO BE CROWNED**

The crowning of the new (name of county/breed organization) Dairy Princess will be held (date) at (location). Dairy princesses serve as goodwill ambassadors for the dairy industry through appearances that help explain dairy farmers' passion for taking care of their animals and land while providing nutritious food for people locally and throughout the world. Judging and coronation activities will include (interview, public speaking contest, etc.).

Princess candidates are: (name of candidate), daughter of (parents' names), of (town), etc. (A bit of biographical information on each candidate may also be included).

Princess candidates are judged on their communication skills, personality, enthusiasm for dairy promotion and general knowledge of the dairy industry.

## Selecting Contest Judges

It is important to select judges from varying backgrounds to bring different perspectives to the judging panel. Judges might come from the dairy industry, print or broadcast media, extension offices, educational institutions, the public relations/marketing field or civic positions.

It is strongly recommended the judges you select do not all come from the same background, i.e., all dairy industry, etc. By incorporating judges with different backgrounds, you increase the chances of finding the contestant with a special blend of dairy knowledge, communication skills, poise, personality and character.

In appreciation of your judges' time and services, it is recommended that you provide them with an appropriate stipend and/or mileage reimbursement and offer them complimentary tickets to the coronation event.

Based on past experiences, a panel of three judges can select more efficiently than a larger group. It helps if at least one judge has previous dairy princess judging experience. However, that does not designate him or her as the "head judge." Reinforce that all judges are equal in the decision-making.

Prior to the contest, a princess committee member should meet with the judges to present them with an overview of the princess program. The information in this handbook may be helpful in doing this. It is important to explain to the judges that the intent of the princess program is to reach consumers. Stress that the contest is not a "pageant," nor a reward program for accomplishments, but rather part of a public relations program to select goodwill ambassadors for the dairy industry. Selection should be viewed much like a job interview, seeking the skills needed to represent dairy to the public.

Also, during this meeting, the princess committee members should review the scoring sheets with the judges. These scoring sheets should list the various categories that candidates are judged on with considerations listed for each category. The following pages contain sample scoring sheets. You may wish to use them or base your own scoring sheets on them. In addition, you may wish to have the judges provide the candidates with comments. Many candidates appreciate receiving such information. A sample comment sheet is included following the score sheets.

Even if you have one or two candidates, we still recommend going through a judging process. You may decide to only bring in one judge, if that is the case, but going through a round of judging is beneficial to those that are going to run for Iowa Dairy Princess. It is also a great life experience for those girls that aren't competing for Iowa Dairy Princess.



## Sample Judge Letter

Dear Dairy Princess Judge,

Dairy princesses serve as goodwill ambassadors for Iowa's dairy industry. Throughout their reign, they make numerous public and media appearances on behalf of their local county/breed organization and dairy farm families. The dairy princess program is a well-established, visible public relations program for the dairy industry, funded by dairy farmers through Midwest Dairy and the local promotion organizations.

Because of the role's visibility, it is important that a young woman's general attitude, personality, behavior, knowledge and appearance create a positive image for dairy products and Iowa's dairy industry. She must also have excellent communication skills and an ability to interact with a variety of audiences, including adults, children, the media and dairy farmers.

Although a dairy background is a requirement for dairy princesses, consumers are the ultimate audience of the princess program. While knowing details about the dairy farm is important to a dairy farmer, a consumer relies on the princess's communications skills, credibility and values to make a judgment about dairy. Therefore, judgement should be on a candidate's general knowledge of dairy farming and dairy products and ability to share them with consumers.

Here are some of the many activities a dairy princess may be involved in:

- being interviewed by the media
- Communicating through social media
- Visiting classrooms to explain where milk comes from
- Attending local fairs and trade shows
- Speaking to audiences at conventions or meetings
- Recording announcements with local radio stations
- Serving dairy products at public events
- Appearing in parades
- Assisting with tours of dairy farms

We appreciate your willingness to serve as a judge in the process of selecting these important representatives for our industry. In appreciation for your services as a judge, we will provide you with \_\_\_\_\_ (a stipend and/or mileage reimbursement, etc.) \_\_\_\_\_ and offer you a complimentary ticket to the princess coronation event on \_\_\_\_\_ (date/time) \_\_\_\_\_ at \_\_\_\_\_ (location) \_\_\_\_\_.

Sincerely, \_\_\_\_\_ (Name of county/breed organization) \_\_\_\_\_ Princess Contest Committee

## Suggested Judging Format

To promote consistency among Iowa county/breed organizations and the Iowa Dairy Princess contest, it is strongly recommended your judging session include more than just a professional interview as it is beneficial for the judges to see the candidates in various situations. It is also good practice if your princess decides to advance to the Iowa Dairy Princess contest. If you have a limited timeframe for your contest, or if you have several contestants, you may wish to modify this.

### Judging Areas

- Application
- Interview
- Prepared Public Speaking
- Professionalism

### Application

Each candidate should submit an application that will be used for judging. A sample of an application can be found later in this handbook. The application allows judges to understand the candidate's background prior to the contest. The judges are allowed to ask candidates questions from their application.

**Mechanics:** Judges are provided with a copy of the candidate's application prior to the contest judging.

**Timing:** N/A

**What judges should look for:** The candidate followed directions, filled out the application completely, typed or neat penmanship and use of proper grammar.

### Interviews

Each candidate should be allowed a personal interview with the panel of judges. It's recommended the judges ask one or two simple "icebreaker" questions to help put the contestant at ease, such as "Describe your activities on the farm," or "What are your future career plans and why?" The judges should then ask more pertinent questions that will help them consider a contestant's qualifications.

**Mechanics:** One contestant at a time meets with all judges.

**Timing:** At least 10 minutes per contestant. All contestants must be allowed an equal amount of time.

**What judges should look for:** See sample scoring sheet later in this handbook.

## Sample Application

### County/Breed Dairy Princess Contest Candidate Application

Please return this application to contact , county/breed Princess Program Coordinator, by date  
Mail to address or email to email address .

Name: \_\_\_\_\_ Birthdate: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

High School Attended/Attending: \_\_\_\_\_ Year of Graduation: \_\_\_\_\_

*If Applicable* ...College or University Attending (or will be attending): \_\_\_\_\_

Area of Study: \_\_\_\_\_

Parent Name(s): \_\_\_\_\_

Number of Cows: \_\_\_\_\_ Number of Acres: \_\_\_\_\_ Where do you ship your milk? \_\_\_\_\_

Employer: \_\_\_\_\_

Describe your past and present leadership involvement in your school and community:

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Describe your involvement on your farm/in the dairy industry:

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Signature: \_\_\_\_\_ Date: \_\_\_\_\_

## Sample Interview Questions

1. Tell us about yourself, including your activities and future goals?
2. What are your responsibilities on the farm?
3. What is your favorite chore and why?
4. Where is your milk sold and what products is it made into?
5. What is your favorite dairy product and why?
6. What are your strengths and weaknesses?
7. Do you have a unique idea for promoting milk and dairy products to the public? What is it?
8. Why do farmers take the calf away from the cow?
9. If you're at a grocery store and you see someone debating between whole and skim milk or organic and conventional milk, which would you tell them to purchase and why?
10. What is your favorite characteristic or physical attribute of the dairy cow?
11. What are the seven breeds of dairy cattle in the United States?
12. Why is milk pasteurized?
13. How many daily servings of dairy products are recommended for the average adult/teenager/adolescent?
14. What are some critical steps dairy farmers follow to improve milk quality?
15. Are hormones added to milk?
16. Why do you want to be a Dairy Princess?
17. Do you have any questions for us?

## Prepared Public Speaking

Each candidate should be asked to prepare a speech ahead of the contest. The guidelines for prepared public speaking should be included with the application. Prepared public speaking allows the judges to evaluate the candidate's ability to deliver clear dairy messages that are applicable to an intended audience. Judges will also be able to evaluate the candidates' ease and confidence in speaking and ability to grab audience attention and hold interest. It is strongly recommended that county/breed contests incorporate prepared public speaking into their contest.

**Mechanics:** Individual speech in front of judges. Judges may ask questions.

**Timing:** 4-6 minutes per presentation.

**What judges should look for:** See sample scoring sheet later in this handbook.

## Professionalism

Professionalism is an essential part of the dairy princess program. The key is to evaluate professionalism and personality, including attitude, poise and enthusiasm. This also allows the judges to evaluate the candidate's ability to communicate with organizers and groups, attend events, conduct interviews, engage audiences and represent the dairy industry.

**Mechanics:** Evaluated throughout the contest.

**Timing:** N/A

**What judges should look for:** See sample scoring sheet later in this handbook.

## Prepared Public Speaking Guidelines

Each speech is to be between 4 and 6 minutes and address a topic from the following list related to the dairy cattle industry or dairy cattle farming:

Animal well-being/care	Dairy nutrition	Dairy imitators/substitutes
Chocolate milk/school programs	Sustainability	Organic/local foods
Lactose intolerance	Milk quality/safety	Antibiotics/hormones

At the beginning of each speech, the candidate should introduce herself, explain who her audience is and the communications goal. (Example: “I am speaking to a community club meeting about the nutritional value of milk and dairy products. My goal is that they understand that dairy products are an important part of a healthy lifestyle.”) This introduction will NOT count as part of the 4–6-minute presentation time.

**Candidates will not be permitted to use any costumes, props, gadgets, or audio-visuals of any sort.** Notes on 3x5 cards may be used during delivery, however excessive use will detract from effectiveness of the speech.

Judges will be evaluating the speech for the elements in the chart below. **Most importantly, they will be evaluating how well the candidate met the stated communications goal and audience needs.**

<b>Content</b>	<ul style="list-style-type: none"><li>• Providing an adequate amount of information relating to the topic with substantial message</li><li>• The materials and information presented are factual, understood and well researched</li><li>• Information presented with a purpose to meet stated communications goal and in language/terms that are appropriate for the stated audience</li><li>• Candidates are encouraged to reference sources of information during the speech or at the end of speech</li></ul>
<b>Composition</b>	<ul style="list-style-type: none"><li>• Speech is organized with an introduction, body and conclusion with main points and transitions</li><li>• Uses correct sentence structure, proper language and grammar</li><li>• Demonstrates creativity and originality</li><li>• Skillful use of facts to engage audience with examples, descriptions and analogies</li><li>• Material presented is developed by the speaker.</li></ul>
<b>Style</b>	<ul style="list-style-type: none"><li>• Develops a rapport with audience</li><li>• Easy to listen to and appealing presentation style</li><li>• Conveyance of thought and meaning</li><li>• Enthusiasm and conversational attitude</li><li>• Articulate, good use of emphasis and volume</li><li>• Confident poise and posture, makes eye contact and uses hand gestures in good taste.</li><li>• Professional appearance</li></ul>
<b>Response to Questions</b>	<ul style="list-style-type: none"><li>• Demonstrates a comprehensive knowledge of subject matter Answers questions accurately and demonstrates originality</li><li>• Quickly organizes thoughts and expresses them clearly</li></ul>

Sample Scoring Rubric

          (County/Breed)           Dairy Princess Contest  
Candidate Score Sheet

The           (County/Breed)           Dairy Princess will make appearances while representing           (County/Breed)          , so it is important to select a princess whose general attitude, personality, behavior, knowledge and appearance will create a positive image for dairy products and the dairy industry.

Candidate Name: \_\_\_\_\_

**Communications**

**75 points** \_\_\_\_\_

**Group Interview & Individual Interview**

**40 points**

- **Dairy Industry Knowledge** *including general awareness of current events, both inside and outside of the dairy industry*
- **Responses to Questions** *that are consistent and accurate with high quality information, sharing appropriate insights and experiences.*
- **Ability to Deliver Key Messages** *credibly, naturally, and genuinely.*
- **Communication Skills** *including proper grammar, enthusiasm, expresses ideas confidently and easily.*

**Comments/Notes on Individual Interview**

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**Public Speaking**

**35 points**

- **Ease and Confidence in Speaking** *including good eye contact, natural movements, not dependent on notes.*
- **Clear Dairy Message** *delivered with factual statements and consistent with dairy industry messages; messages should be applicable to the target audience identified by the candidate.*
- **Originality and Creativity** *in delivery and content to grab audience attention and hold interest.*

**Comments/Notes on Public Speaking**

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**Professionalism**

**25 points**

\_\_\_\_\_

- **Completed Application** *that followed directions, filled out completely, typed or neat penmanship, use of proper grammar.*
- **Initiative and Personal Responsibility** *to be able to communicate with organizers and groups, attend events, conduct interviews, engage audiences and represent the dairy industry.*
- **Communication Skills** *to interact confidently with fellow contestants, parents, speakers and judges during meals and social situations.*
- **Personality** *including attitude, poise, and enthusiasm.*
- **Appearance** *includes general neatness, body posture, and ability to portray a positive image for dairy.*

**General Comments**

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Total Possible Points = 100

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## Princesses Are Crowned, Now What?

### Notification Forms

After your county/breed princesses are crowned, please fill out princess and princess coordinator notification forms. Doing so allows for efficient communication about the Youth Communications Workshop, Princess & Ambassador Orientation and the Iowa Dairy Princess Contest. Notification forms can be submitted online and found on the Midwest Dairy website [Young Dairy Leaders >> Dairy Princesses >> Iowa](#). Forms can also be found later in this handbook.

## County/Breed Princess and Princess Coordinator Notification Form

This form is to be completed by all county/breed princesses and alternates.

### *Congratulations!*

As you begin your reign as a county or breed association dairy princess or alternate, let me be one of the first to congratulate you and wish you well this year. My name is Heidi Lantzky and I coordinate the Iowa Dairy Princess Program on behalf of Midwest Dairy. I would like to share some information so you can plan for your year.

1. **Please complete the New Princess Notification form as soon as possible.** This ensures that you will be on mailing lists for future state program updates.
2. **Plan to attend the annual orientation session for all new princesses, ambassadors, and alternates to be held in June.** This training session will be an interactive workshop with strategies and tips for successful communications including presentations and social media outreach. We will also provide an overview of the Iowa Dairy Princess contest and answer any questions that you may have. Watch for more details!
3. **Begin keeping track of all your activities.** As a princess or alternate, you are eligible for the incentive program that will allow you to earn money for the activities you complete for your reign. The details of the incentive program will be provided at the orientation session.
4. **Watch the Iowa Dairy Princess page on Facebook** for announcements of upcoming events and notifications when orientation or state contest forms are available.
5. **If you are planning to participate in the state contest, mark your calendar.** The Iowa Dairy Princess Contest will be held the Tuesday and Wednesday before the start of the Iowa State Fair at the Courtyard by Marriott in Ankeny, Iowa. The coronation ceremony will be Wednesday evening at the Iowa State Fairgrounds in Des Moines.

Feel free to contact me with any questions. You can reach me at (563) 380-8372 or [IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com)

Sincerely,

*Heidi Lantzky*

Heidi Lantzky  
Coordinator, Iowa Dairy Princess Program

**Iowa Dairy Princess Program  
Notification of New Princess or Ambassador**

Please complete this form so that new county and breed princesses and ambassadors can be invited to state orientation program, receive information about the state competition, and be eligible for county princess/ambassador incentive program. Form should be returned to Heidi Lantzky via email ([IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com)) or be completed online at the Midwest Dairy website Young Dairy Leaders >> Dairy Princesses >> Iowa.

**County or Breed Promotion Group:** \_\_\_\_\_

**Princess**

Name: \_\_\_\_\_

Reign Begin Date: \_\_\_\_\_ Reign End Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Parents or Guardian Name, Address and Phone: \_\_\_\_\_

\_\_\_\_\_

**Alternate**

Name: \_\_\_\_\_

Reign Begin Date: \_\_\_\_\_ Reign End Date: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Parents or Guardian Name, Address and Phone: \_\_\_\_\_

\_\_\_\_\_

**Princess Program Contact**

Name: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Comments: \_\_\_\_\_

## Compensating Your Princess

County/breed princesses are eligible for compensation through the Iowa Dairy Princess Incentive Program. The Incentive Program is designed to provide communications training for county and breed princesses and alternates who have been chosen by a formal promotion group, then encourage positive interactions with consumers, students and dairy farm families throughout their reign. Princesses can receive up to \$300 and alternates can receive up to \$200 by completing all elements of the program. More information on the Incentive Program will be shared at the Youth Communications Workshop and Princess & Ambassador Orientation held in June.

Some county/breed organizations may also choose to compensate their princesses with a stipend at the end of her reign, by matching funds received through the Incentive Program or with a scholarship. County/breed organizations may determine their own compensation policies.

## Youth Communications Workshop and Princess/Ambassador Orientation

All county/breed princesses are expected to attend the Youth Communications Workshop and Princess/Ambassador Orientation hosted through the Iowa Dairy Princess Program. The workshop and orientation will be held in June. Event details and registration will be communicated to the princess and princess coordinator through the contact information provided on the notification form.

Attendance at the workshop and orientation is required of princesses to receive funds through the Iowa Dairy Princess Incentive Program. Information regarding the Incentive Program will be shared at the event. If you are unable to attend the session, please contact Heidi Lantzky at [IowaDairyPrincessCoordinator@MidwestDairy.com](mailto:IowaDairyPrincessCoordinator@MidwestDairy.com) or (563)380-8372 in advance to discuss options.

## Iowa Dairy Princess Request Form

County/breed organizations are encouraged to request the Iowa Dairy Princess or Alternate to attend events. Examples of recommended events for the Iowa Dairy Princess or Alternate to attend include dairy banquets, on-farm events like Breakfast on the Farm, etc. If you wish to request the Iowa Dairy Princess, please complete and submit the Iowa Dairy Princess Appearance Request Form found on the Midwest Dairy website [Young Dairy Leaders >> Dairy Princesses >> Iowa >> Request a Princess](#).

## Competing for Iowa Dairy Princess

The Iowa Dairy Princess represents Iowa dairy farmers at events across the state. As a goodwill ambassador, the Iowa Dairy Princess and Alternate connect with consumers to share information about the care and dedication dairy farmers take in producing wholesome, nutritious dairy foods for all to enjoy.

Those wishing to compete must meet the eligibility requirements. If eligible, candidates must submit application materials and participate in the Iowa Dairy Princess contest. The contest will be held the Tuesday and Wednesday before the start of the Iowa State Fair in Ankeny.

Application materials will be made available at [MidwestDairy.com](http://MidwestDairy.com)>>Young Dairy Leaders >> Dairy Princesses >> Iowa. Candidates will also receive application materials at the Youth Communication Workshop and Princess Orientation held in June. Applications are due by July 1.

For questions regarding candidate eligibility or the Iowa Dairy Princess Contest, please contact Heidi Lantzky Iowa Dairy Princess Program Coordinator, at (563) 380-8372 or [IowaDairyPrincessCoordinator@midwestdairy.com](mailto:IowaDairyPrincessCoordinator@midwestdairy.com)

# Eligibility Requirements

Revised January 2025

Candidates can compete in the Iowa Dairy Princess contest representing a county or breed association. All candidates must have an active interest in the Iowa dairy industry. There are three ways a candidate can be eligible:

1. Candidate represents a county dairy promotion board or state dairy cattle breed association as a princess or first alternate princess.
2. Candidate participated in the 2024-25 Iowa Dairy Princess contest representing a county dairy promotion board or state dairy cattle breed association and is eligible to participate in the 2025 - 26 contest again representing the same association.
3. Candidate resides in a county where there is not an active dairy promotion board that holds a dairy princess contest and meets all the eligibility requirements and would like to enter to represent the county where she lives. If more than two candidates from that county apply, the Iowa Dairy Princess Advisory Council will select from the written applications.

Additionally, candidates must meet all the following criteria and maintain these requirements throughout their reign as Iowa Dairy Princess or Alternate. If there are any questions about these criteria, contact the Program Coordinator. The Midwest Dairy – Iowa Division Board has final decision-making authority on any questions of eligibility.

- Must not have been the Iowa Dairy Princess or Iowa Dairy Princess Alternate in any previous year.
- Must be single, never married.
- Must not be pregnant or have had any children at any time prior to the contest or during her reign.
- Must be at least 17, but not older than 24 years of age by August 1 the year of the contest.
- Must have completed at least junior year of high school prior to participation in state contest.
- Must not, and will not receive a conviction, or be on probation for any offenses involving the use or possession of alcohol, illegal drugs, or tobacco.
- Must not, and will not receive a conviction, or be on probation for any felony offense involving conduct that is considered contrary to community standards of justice, honesty or good morals.
- Must be a genuine user of dairy products and a passionate supporter of the dairy industry.
- Must not participate or be associated with the sale of raw milk directly to consumers.
- Must be an Iowa resident. If the candidate is attending college out of state, she will still qualify if she considers her parent's home her permanent address.

## Code of Conduct

Revised January 2025

Although it is not the purpose or intent of the program to restrict or infringe upon personal freedoms of the dairy princesses, the following Code of Conduct is established to uphold the integrity and success of the Iowa Dairy Princess Program. Your conduct must be always exemplary in accordance with the proper image of a dairy princess. If Midwest Dairy, the Iowa Dairy Princess Advisory Council, or the Midwest Dairy – Iowa Division Board determine that your conduct is not in accordance with the foregoing standards, the Board reserves the right to request additional information and/or remove you at any time from your position, whether it be as a candidate, dairy princess or dairy princess alternate.

In addition to maintaining the eligibility requirement described above, each eligible candidate must adhere to the following Code of Conduct if selected as the Iowa Dairy Princess or Alternate:

- Project and deliver dairy messages with enthusiasm and positive attitude.
- Be considerate and respectful of other princesses, and other dairy industry leaders.
- Be on time to all scheduled appearances and activities requested.
- Must not have been, and will not receive a conviction, or be on probation for any offenses involving the use of possession of alcohol, illegal drugs or tobacco.
- Must not have been, and will not receive a conviction, or be on probation for any felony offense involving conduct that is considered contrary to community standards of justice, honesty or good morals.
- Will refrain from using alcohol, tobacco or vaping products during a princess event.
- Social media activity must always include respectable speech and appropriate photos as you are representing the dairy industry to others.
- All body piercings (excluding earrings) and tattoos must be covered during appearances as a dairy princess.
- Be neat, well-groomed and wear appropriate and professional clothing for all appearances.

If selected as the Iowa Dairy Princess or Alternate:

- You will receive a \$1,000 scholarship at the end of your reign to be used at the school of your choice.
- You must be willing to enter into an agreement agreeing to serve as Iowa Dairy Princess or Alternate
- You must be willing to reign for an entire year beginning September 1
- All appearances as Iowa Dairy Princess or Alternate must be approved by the princess program coordinator prior to the event or interview.
- You will receive a per diem payment as well as reimbursement for travel, food and lodging at the discretion of Midwest Dairy for approved and scheduled appearances as Dairy Princess or Alternate