



# IOWA DAIRY PRINCESS CONTEST

## About

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

Participating in the Iowa Dairy Princess Contest is a valuable opportunity to grow as a leader, build lifelong connections, and proudly represent Iowa's dairy community.

## Event Details

- **Date:** Tuesday, August 11 – Wednesday, August 12, 2026
- **Contest:** Courtyard by Marriott, Ankeny, IA
- **Coronation:** Iowa State Fairgrounds, Des Moines, IA

The contest will begin at the hotel at 11 a.m. on Tuesday, August 11. The contest will conclude with lunch on Wednesday, August 12, and the coronation ceremony will take place at 7:30 p.m. that evening at the Iowa State Fairgrounds.

## Application Information

- Applications are due July 1
- Application materials:
  - Application form
  - Resume
  - Portfolio highlighting one social media post and one dairy promotion activity
  - Personal References



## Who Can Apply

Female Iowa dairy youth between the ages of 17 and 24 who have an active interest in Iowa's dairy industry are eligible to compete. Candidates must represent a county promotion board, a state dairy cattle breed association, or apply at-large. Complete eligibility guidelines are available at [MidwestDairy.com](https://MidwestDairy.com).

SCAN HERE



<https://mwdairy.co/2026iaprincesscontest>



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## Contest Judging Activities\*

- Individual Interview
- Prepared Public Speaking
- Mock Media Interview – *New in 2026*
- Dairy Knowledge Quiz and Essay Questions

Candidates may choose to participate in the contest for practice and/or professional development without being considered for Iowa Dairy Princess

## Featured Contest Speakers and Activities

- **Rachel Eslick**, Mae We All Growth and Development, offering insights on personal and professional growth
- **Cassie Kozelka**, leading a charcuterie demonstration
- Social activities designed to help candidates connect and build relationships
- Professional development and volunteer activities

## What's Covered

- Hotel room on Tuesday, August 11
- Contest meals for the candidate and one chaperone
- \$500 scholarship for all candidates who successfully complete the Iowa Dairy Princess Contest

## Questions?

Contact Mariah Busta at  
mbusta@midwestdairy.com or call/text  
563-449-2414.



\*Note: Contest details and activities are subject to change.

