



REAL FOOD *for* **KIDS**[®]



**CULINARY
CHALLENGE**
&
WELLNESS EXPO

COMPETITION

Saturday, March 17, 2018
Hayfield Secondary School

GUIDELINES

VIVA VEGETARIAN!
MARKET BASKET LUNCH

Real Food for Kids is sponsoring its sixth annual Culinary Challenge and Wellness Expo on Saturday, March 17, 2018 at Hayfield Secondary School. Your school will be among ten (10) culinary teams invited to compete. You are challenged to create a healthy school lunch that can be adapted into school food programs with consideration to nutritional balance. This must be done on a tight budget while meeting high standards for nutrition, taste, presentation and creativity.

The competition has three main objectives:

- showcase high school and middle school culinary programs
- provide experience and food industry networking for students
- increase awareness among all school stakeholders that healthy eating is important and achievable

The Culinary Challenge highlights students' culinary talents to a wide audience which, in the past, has included students and families, school board members and administrators, local politicians, the press, and culinary industry leaders. Your students will gain valuable preparation, research, development, organization and team building experience while also gaining a greater understanding of nutritional components, a vital asset in today's food industry. Creativity is an essential part of making nutritious food taste good. Real Food for Kids is offering chef apparel and equipment as prizes to the students who participate.

The competition details and documents are as follows.

Assembling Your Team:

1. Each school may enter one team in the competition.
2. Teams must consist of a minimum of two students and no more than four students.
3. Only official team members can participate with the schools' team at the event.

Recipe Requirements:

1. Each school lunch must consist of one main dish, one vegetable side dish, and one fruit side dish. The nutritional information for each dish will be calculated for one single serving using the Real Food for Kids' recipe template provided.
2. Each dish may not have more than six preparation steps. Preparation steps must be written in complete sentences.
3. All ingredients must be written in uniform units (i.e., $\frac{1}{4}$ cup, $\frac{1}{8}$ teaspoon, not "pinch" or "handful"). Refer to the competition ingredient guidelines for additional definitions and helpful suggestions.
4. The main dish and vegetable side dish may not include more than 10 ingredients. The fruit side dish may not include more than five ingredients.
 - a. Water and pan coating do not count as ingredients.
 - b. Salt and sugar count as individual ingredients.
 - c. Dry spice blends are allowed and can be counted as a single ingredient as long as the recipe for the blend, with uniform measurements, is included on the recipe template.
 - d. Pepper may be included as part of a dry spice blend.
 - e. Fresh herbs count as individual ingredients.

5. School lunches must meet the competition nutrition requirements shown below.
6. School lunches must be able to be prepared and served in a school cafeteria, so labor-intensive recipes are prohibited.
7. Each school lunch may not cost more than \$1.25. Since food service departments pay lower, wholesale prices for ingredients, you should subtract 30% from your total retail purchase (i.e., \$1.80) for a baseline estimate of food service wholesale costs. Dry spices, including salt, do not need to be included in the cost analysis.
8. All recipes must be submitted electronically using the Real Food for Kids' recipe template found on the Expo Docs page. The form must be filled out *completely*, including nutrition information for each ingredient.
Incomplete recipes will not be accepted.
9. Teams that do not meet recipe submission deadlines may not be eligible to win.
10. On the day of the competition, teams must prep all ingredients in advance at their base school locations (food products should not be prepared at home)
11. Food must be prepared exactly according to the approved recipes.

Nutritional Requirements (refer to ingredient list for unit definitions):

1. Main Dish must include:
 - a. 2.0 – 3.0 units of meat alternative (MA) per serving
 - b. 2.0 units of grains per serving
2. Vegetable Side Dish must include vegetables as the main component and contain at least 1 cup of vegetables per serving.
3. Fruit Side Dish must include fruit as the main component and contain at least 1/2 cup of fruit per serving.
4. Total Meal (main dish and two side dishes) must meet these parameters:
 - a. Between 630-730 calories
 - b. Less than 10 percent calories from saturated fat, zero trans fat
 - c. Less than 1420 mg sodium

Recipe Submission

1. All recipes must be submitted electronically using the Real Food for Kids' recipe template. **Incomplete forms will not be accepted.**
2. Teams must submit the first drafts of their recipes to Mary Pope (mpope@realfoodforkids.org) via email for evaluation by **January 25, 2018.**
3. Real Food for Kids will respond within one week with an evaluation. Suggestions will be included if alterations are required.
4. Teams will have an opportunity to make changes and resubmit their recipes to Real Food for Kids to meet the recipe submission deadline. Final recipes must be submitted no later than **February 26, 2018.**
5. Once recipes have been finalized, no additional changes can be made.
6. Recipes which do not receive approval from Real Food for Kids will not be eligible to win.

Amount of Food to Prepare

1. Each team must prepare one complete school lunch for members of the press, invited guests and members of the public to view. The meal may be presented utilizing the creativity of the team and serving pieces of your choosing.
2. Each team must prepare a second complete school lunch on a lunch tray for judging beginning at 8:50 AM. Teams will be assigned a specific judging time between 8:50 AM and 9:50 AM.
3. During judging, teams should be prepared to respond to questions about their recipe. The content will include information about the inspiration for your dish, the ingredients, preparation techniques, cost, and student appeal.
4. During the time you are not being judged, members of the press and other invited guests may also stop by your table to inquire about your dish.
5. Teams must prepare an additional 250 tasting portions in 3 oz. cups (provided) for the Public Tasting from 11:00 AM to 12:15 PM. Teams should choose their favorite component of the school lunch they created, either their main dish or one of their two side dishes, to serve as a samples.

Your team must provide:

1. Food thermometers with anti-bacterial probe wipes
2. Chafing dishes (if needed)
3. Tabletop butane burners if needed (electricity at team stations is not available)
4. Sterno (if needed)
5. Sanitizing solution in spray bottles and towels for cleaning
6. Tablecloth

Real Food for Kids will provide each team with:

1. Two 6-foot tables for preparation and display
2. School lunch tray for presentation
3. 3-ounce portion cups, napkins and eating utensils
4. Access to running, potable water
5. Stove top or oven
6. Menus, school signs, and menu stands
7. Disposable gloves
8. Waste basket
9. A budget of \$100 to defray expenses

Judging

1. School lunches will be evaluated by a panel of judges. Entries will be rated on creativity, appearance, taste, and verbal presentation to the judges.
2. Please see the judging rubric to prepare for the competition.
3. The panel of judges will include students, an FNS representative, and a professional chef.
4. Only recipes that have been reviewed and approved prior to the competition will be eligible to enter the competition.

Judging Criteria:

- Creativity (20 points)
- Appearance – table display, student appearance, meal presentation (20 points)
- Taste (40 points)
- Verbal Presentation (20 points)

The verbal presentation will provide each team with three minutes (strict time limit) to make a presentation to the judges about their school lunch. Teams should prepare their presentation according to the following format:

- introduce your team (30 seconds)
- introduce your menu (1 – 2 minutes)
- answer questions, which will include “what was the inspiration for your dish” (1-2 minutes). Judges may ask additional questions as well.

Competition Awards:

Five Star Award	<ul style="list-style-type: none"> • Wüsthof 5 Piece Professional Knife Roll Set
Gold Star Award	<ul style="list-style-type: none"> • \$75 gift certificate for chef apparel / equipment
Silver Star Award	<ul style="list-style-type: none"> • \$50 gift certificate for chef apparel / equipment
All Participants	<ul style="list-style-type: none"> • Free registration and lunch • Small Kitchen Wares Package • Certificate of Achievement

Classroom Drawing:

Each participating classroom will be entered into a drawing for a classroom gift.

Event Day Logistics

1. Teams will be met by a Real Food for Kids volunteer upon their arrival at the school to be checked in and directed to prep areas.
2. Teams must be in place at their Competition table no later than 8:45 AM. Teams may then return to the kitchens to prepare for their assigned judging time. Doors open for teams at 7:30 AM. Please consider this when planning your arrival time.
3. Teams must be dressed in clean aprons or chef coats and with hair properly restrained.
4. Teams will have use of a designated FACS kitchen if needed for use throughout the event.
5. Each team must store their transport equipment under their team table.
6. The Showcase will begin promptly at 8:50 AM.
7. Teams will be able to wash dishes during the event.
8. The event schedule has been designed to allow all students the opportunity to attend one of the Expo workshops.
9. Teams will be provided with lunch.

Questions

Real Food for Kids:

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