



CULINARY
CHALLENGE
&
WELLNESS EXPO

SHOWCASE

Saturday, March 17, 2018
Hayfield Secondary School

GUIDELINES

BACK 2 BASICS
BREAKFAST or SMART SNACK

Real Food for Kids is sponsoring its sixth annual Culinary Challenge and Wellness Expo on Saturday, March 17, 2018 at Hayfield Secondary School. Your team is challenged to create a delicious and appealing Back 2 Basics Breakfast item or Smart Snack that can be adapted into school food programs with consideration to nutritional balance while meeting high standards for nutrition, taste, presentation and creativity.

The Back 2 Basics Breakfast or Smart Snack Culinary Showcase is an entry point intended not to be stressful and allow students to demonstrate their talent, skills and enjoy the culinary experience. Note: keep in mind the categories need to focus on healthy, smart options, not to be confused with a desserts or processed ingredients.

The Showcase has three main objectives:

- highlight 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 Showcase 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.

The Showcase details and documents are as follows.

Assembling Your Team:

1. Each school may enter only one Showcase team in either the *Back 2 Basics Breakfast* or *Smart Snack* category.
2. Teams must consist of a minimum of two students and no more than four students.
3. Only official team members may participate with the school's team at the event.

Recipe Requirements:

1. Recipes may not include more than 10 ingredients and may not have more than six preparation steps. Preparation steps must be written in complete sentences. Uniform units of measurement must be used (i.e., ¼ cup, 1/8 teaspoon, not "pinch" or "handful").
2. Breakfast and Smart Snack recipes should be in keeping with U.S. dietary guidelines, low in fat, sodium and sugar, with healthy proteins and whole grains.

The **Back 2 Basics Breakfast** dish must be nutritionally balanced, include fruit(s) and/or vegetable(s), whole grains, and protein and meet the following USDA nutrient standards per serving:

Calories: 330-430 | **Sodium:** 570 mg or less
Sugar: Less than 12g per serving

The **Smart Snack** item must be nutritionally balanced with fruit(s) and/or vegetable(s) (or 100% fruit or vegetable juice), whole grains, and protein, and meet the following USDA nutrient standards per serving:

Calories: 200 or less | **Sodium:** 200 mg or less
Sugar: Less than 12g per serving

Refer to the product label for nutrition information when available. Otherwise, use a reputable nutrition data website such as Calorie Count or a reputable computer application such as Recipe Builder Pro (iTunes app) to obtain the nutrition facts for your recipes.

3. All recipes must be submitted electronically, by **March 1, 2018**, 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.
4. Teams that do not meet recipe submission requirements, deadlines and nutritional guidelines may not be eligible to participate.
5. On the day of the event, teams should be prepared to respond to questions about your recipe from members of the press, invited guests and members of the public. The content could include information about the inspiration for your dish, the ingredients, preparation techniques, cost, and student appeal.

Amount of Food to Prepare

1. Each team must prepare one complete and plated dish for display. The meal may be presented utilizing the creativity of the team and serving pieces of your choosing.
2. Teams must prepare 25 tasting portions in 3oz cups (provided) for sampling by invited guests and members of the press during the Showcase from 8:50 AM to 9:50 AM.
3. An additional 250 tasting portions must be prepared for the Public Tasting from 11:00 AM to 12:15 PM.
4. Teams must prep all ingredients in advance at their base school locations (food products should not be prepared at home).
5. Food must be prepared exactly according to the approved recipes.

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. One 6-foot table for preparation and display
2. 3-ounce portion cups, napkins and eating utensils
3. Access to running, potable water
4. Stove top or oven
5. Menus, school signs, and menu stands
6. Disposable gloves
7. Waste basket
8. A budget to defray expenses (\$50 Breakfast) or (\$25 Smart Snack)

Showcase Participation

All Participants Will Receive:	<ul style="list-style-type: none">• Free registration and lunch• Small Kitchen Wares Package• Certificate of Achievement
Classroom Drawing:	<ul style="list-style-type: none">• 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 Showcase table no later than 8:45 AM for invited guests and members of the press. 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. The event schedule has been designed to allow all students the opportunity to attend one of the Expo workshops.
8. Teams will be provided with lunch.

Questions**Real Food for Kids:**Mary Pope, mpope@realfoodforkids.orgMary Porter, mporter@realfoodforkids.org