



Culinary EXHIBITION Saturday, March 11, 2017

BACK 2 BASICS BREAKFAST **OR** SMART SNACK GUIDELINES

Real Food for Kids is sponsoring its fifth annual Feeding Academic Success Culinary Challenge on Saturday, March 11, 2017 at Lake Braddock Secondary School at 9:30am. Your team is challenged to create a delicious and appealing Back 2 Basics Breakfast item or Smart Snack that can be adapted into the school food programs with consideration to nutritional balance.

In addition to providing a fun platform for students to influence the food they are served at school, the challenge also provides an 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 also gain experience and demonstrate their talents in the culinary arts. Real Food for Kids is offering incentives to the students and teachers who participate. The guidelines are as follows.

Assembling Your Team:

1. Each school may enter only one Exhibition team in either the *Back 2 Basics Breakfast* or *Smart Snack* category. Teams must consist of a minimum of two students and no more than four students.
2. Only official team members can 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.
- 2.

The Back 2 Basics Breakfast dish must be nutritionally balanced with total calories between 450 and 550, include fruit, whole grains, and protein.	The Smart Snack item must be nutritionally balanced with total calories between 150 - 200, include fruit and/or vegetables (or 100% fruit or vegetable juice), whole grains, and protein.
A nutrient calculator will be provided and should be used for determining the calorie content and aid in the discussion of other relevant data.	

3. All recipes must be submitted electronically, by March 1, 2017, using the Real Food for Kids' recipe template. The form must be filled out completely, including nutrition information for each ingredient.
4. Teams that do not meet recipe submission deadlines and nutritional guidelines may not be eligible to participate.
5. On the day of the event, be prepared to respond to questions about your recipe. 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.
2. Teams must prepare 250 additional tasting portions served in 3oz cups for guests to sample.
3. Teams must prep all ingredients in advance at their base school locations (food products should not be prepared at home). 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 (the use of electricity at team station is prohibited)
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. Compostable gloves
7. Waste basket
8. A Recipe Builder and nutrient calculator computer application
9. A budget to defray expenses (\$50 Back 2 Basics Breakfast) or (\$25 Smart Snack)

Judging

Team entries will be evaluated solely on taste by three groups of attendees:

- the public (Peoples Choice),
- a select group of Food and Nutrition Services professionals (FNS Choice),
- and a select group of “celebrities” (Celebrity Choice) in attendance, which could include chefs, public officials, and school administrators.

Contest Awards:

People’s Choice Award	• Veggetti® Pro Tabletop Spiral Vegetable Cutter
FNS Choice Award	
Celebrity Choice Award	
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. Students must arrive at Lake Braddock Secondary School no earlier than 8:00am and not later than 9:00am dressed in clean aprons and with hair properly restrained.
2. Teams must check-in at the event registration table located in the cafeteria.
3. Teams will have use of a designated FACS kitchen if needed.
4. Each team will store their transport equipment under their team table.
5. The exhibition will begin promptly at 9:30am.
6. Teams may not wash dishes during the event. Students will be able to wipe off and rinse the equipment they are taking back to their schools at the end of the event before lunch.
7. Teams will be provided with lunch and a specialized student workshop which will conclude with an awards ceremony.