



# CULINARY CHALLENGE

Saturday, March 2, 2019  
George Mason University  
Peterson Family Health Sciences Hall

## COMPETITION GUIDELINES

### FLAVOR FORECAST FOR SCHOOL FOOD

**The Real Food for Kids' Culinary Challenge** is an annual competitive event that recognizes students enrolled in middle and high school Family and Consumer Sciences programs and high school culinary academies for their ability to work as a team to create a delicious school lunch that can be adapted to school meal programs. Culinary teams will gain valuable goal-directed experience in research, time and financial management, creative and critical thinking, collaboration and communication.

Students must create a plan to meet the specific benchmarks of the competition within the calendar window provided, including: researching the [Nutrition Standards for School Meals](#), developing a meal that complies with [National School Lunch Program](#) (NSLP) guidelines, presenting a fully prepared meal to judges, and meeting with and preparing samples for school nutrition directors during the event.

### The Real Food for Kids' Culinary Challenge is designed to:

- **Showcase the talent and creativity** of students in middle and high school culinary arts programs
- **Offer a competitive culinary experience** for students and the **opportunity to network** with food industry professionals
- Provide an **unparalleled opportunity** for students to **directly influence school meal programs** with delicious, appealing foods that meet federal guidelines

### Eligibility

- Team Registration opens **September 12, 2018** and closes **October 10, 2018**.
- Registration is on a first-come, first-served basis and will be **capped at 12 teams**. Teams registering after the cap will be placed on a waiting list.
- Schools may also register teams for the Showcase (see separate guidelines).
- Teams have until **November 6, 2018** to cancel their registration. Teams on the waiting list will be notified November 7 if spaces have become available.
- A school may enter only one team for the Competition.
- Teams must have a minimum of two students and no more than four students from the same school.
- Only a school's official team members may present to the judges at the event. However, students wishing to assist the official team members with prep and cleanup may do so and may attend the event for free. Names of official team members must be provided by January 23, 2019 to meet publication deadlines.

### Important Dates

<b>September 12, 2018</b>	Team Details and Documents Released   Registration Opens
<b>October 10, 2018</b>	Registration Closes
<b>November 6, 2018</b>	FACS In-Service   Professional Development
<b>December 12, 2018</b>	<b>Competition Recipes Due</b>
<b>March 2, 2019</b>	Culinary Challenge

### Culinary Theme

The theme of the Culinary Challenge is FLAVOR FORECAST FOR SCHOOL FOOD. Students should research current food trends and apply that research in creating a recipe that brings to school food the tastes being seen in casual and fine dining.

## Recipe Submission

- Recipes must be approved by Real Food for Kids for teams to be eligible for competition. This is to ensure National School Lunch Program guidelines have been met prior to judging.
- Recipe and Nutritional Requirements may be found in the [Team Details and Documents](#).
- A list of approved ingredients may be found in the [Team Details and Documents](#).
- Recipes must be submitted electronically using the Real Food for Kids' Recipe Template found in the [Team Details and Documents](#). **Incomplete recipes will not be accepted.**  
Teams must submit the first draft of their recipes to Mary Porter ([mporter@realfoodforkids.org](mailto:mporter@realfoodforkids.org)) via email for review by school nutrition professionals by midnight **December 12, 2018**. – teams not able to meet this deadline must request an extension. Teams requesting an extension are expected to participate in the event as outlined but may not have an opportunity before the judges depending upon the delay.
- Real Food for Kids will respond to teams within one week with suggestions if modifications are required.
- Teams will have an opportunity to make changes and resubmit their recipes to Real Food for Kids no later than **January 23, 2019**.
- No changes may be made to recipes once they have been approved.

## Presenting at the Event

Meals may be presented at your table, to the judges and to invited school nutrition directors on display pieces of your choosing. Teams must plan to:

1. prepare at least one complete school meal for display at your table to members of the press, invited guests and members of the public.
2. prepare five (5) complete meals for tasting by the judges. Teams will be assigned a time for the judging of their dishes. Lunch trays will be provided for serving.
3. prepare up to 12 samples sizes of your all meal components for tasting by School Nutrition Directors. This tasting will occur alongside judging (a final number will be provided to teams prior to the event).
4. respond to questions about your recipe to include the inspiration for your dish, ingredients, preparation techniques, cost, and student appeal.
5. be available to members of the press and other invited guests who may stop by your table to inquire about your dish during the time you are not with the judges or directors.
6. prepare an additional 250 tasting portions in 3 oz. cups (provided) for the Public Tasting. You are encouraged to prepare samples of all components of your meal (suggested 1/3 entrée, 1/3 each side). However, you may sample only your favorite component of the meal, either their main dish or one of their two side dishes.

- Teams must be dressed in clean aprons or chef coats and with hair properly restrained.
- Teams will have use of a designated kitchen as needed for use throughout the event.
- Each team must store their transport equipment under their team table.
- Teams will be able to wash dishes during the event.

<p><b>Real Food for Kids will provide each team:</b></p> <ol style="list-style-type: none"> <li>Two 6-foot tables with cloth and skirt for preparation and display</li> <li>School lunch tray for presentation</li> <li>3-ounce portion cups, napkins and eating utensils</li> <li>Access to running, potable water</li> <li>Stove top and oven</li> <li>Menus, school signs, and menu stands</li> <li>Disposable gloves</li> <li>Waste basket</li> <li>A budget of \$100 to defray expenses (<i>provided once your recipe has been approved</i>)</li> </ol>	<p><b>Your team is expected to provide:</b></p> <ol style="list-style-type: none"> <li>Food thermometers with anti-bacterial probe wipes</li> <li>Chafing dishes (if needed)</li> <li>Tabletop butane burners if needed (electricity at team stations is not available)</li> <li>Sterno (if needed)</li> <li>Sanitizing solution in spray bottles and towels for cleaning</li> <li>Tablecloth and other display items</li> </ol>
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## Evaluation

- School lunches will be evaluated by a panel of 5 judges including students, school nutrition professionals and food industry leaders.
- Entries will be rated on the following:
  - 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.
- Please see the judging rubric found in the [Team Details and Documents](#) to prepare for the competition.
- Only recipes that have been reviewed and approved prior to the competition will be eligible to enter the competition.

## Awards

*Awards apply to each member of your team*

<p><b>1<sup>st</sup> Place</b> Wüsthof 5-Piece Professional Knife Roll Set</p>	<p><b>All Participants</b> Free registration Small Kitchen Wares Package Certificate of Participation</p>
<p><b>2<sup>nd</sup> Place</b> \$75 Gift Certificate for chef apparel / equipment</p>	<p><b>Classroom Drawing</b> Each participating classroom will be entered in a drawing for a classroom gift.</p>
<p><b>3<sup>rd</sup> Place</b> \$35 Gift Certificate for chef apparel / equipment</p>	<p><b>Classroom Drawing</b> Each participating classroom will be entered in a drawing for a classroom gift.</p>

## Event Day Logistics

A final schedule with logistics for the Culinary Challenge will be provided to teams in early February detailing arrival times, scheduled time with evaluators/judges, prep time for tastings and awards presentation.

## Questions?

### Real Food for Kids:

Mary Porter, [mporter@realfoodforkids.org](mailto:mporter@realfoodforkids.org)

Lori Ochoa [lochoa@realfoodforkids.org](mailto:lochoa@realfoodforkids.org)

### Family & Consumer Sciences, Fairfax County Public Schools:

Reggie Morrone, [remorrone@fcps.edu](mailto:remorrone@fcps.edu)

*Ms. Morrone is the FACS coordinator for this event for all school districts participating.*