



CULINARY CHALLENGE

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

SHOWCASE GUIDELINES

SCHOOL BREAKFAST or SMART SNACK

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 Breakfast or Smart Snack that can be used in 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 Showcase within the calendar window provided, including: researching the [National School Breakfast Program](#) OR [Smart Snacks](#) and developing a dish that complies with these guidelines. Showcase dishes are not judged, however school nutrition professionals will be considering the level of compliance to USDA standards in their appraisal.

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 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**.
- Schools may register teams in both the Breakfast and Snack categories.
- Schools may also register a separate team for the Lunch Competition (see separate guidelines).
- Teams have until **November 6, 2018** to cancel their registration.
- Teams must have a minimum of two students and no more than four students from the same school.
- Although a team is capped at four students, 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

September 12, 2018	Team Details and Documents Released Registration Opens
October 10, 2018	Registration Closes
November 6, 2018	FACS In-Service Professional Development
January 23, 2019	Showcase Recipes Due
March 2, 2019	Culinary Challenge

Recipe Submission

- Recipes must be approved by Real Food for Kids for teams to be eligible for this event. This is to ensure that Culinary Challenge Nutritional Guidelines have been met prior to event tasting.
- 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) via email for review by midnight **January 23, 2019**.
- 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 **February 13, 2019**.
- No changes may be made to recipes once they have been approved.

Presenting at the Event

Dishes may be presented at your table on display pieces of your choosing. Teams must plan to:

1. prepare at least one complete dish for display at your table for members of the press, invited guests and members of the public.
2. prepare an additional 250 tasting portions in 3 oz. cups (provided) for the Public Tasting.
3. teams must prep recipe ingredients in advance at their base school locations (food products should not be prepared at home).
4. food must be prepared exactly according to approved recipes.

- 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.

Real Food for Kids will provide each team:

1. Two 6-foot tables with cloth and skirt 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 of defray expenses (\$50 Breakfast; \$25 Smart Snack) will be provided once your recipe has been approved

Your team is expected to 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 and other display items

<p style="text-align: center;">All Participants Free registration Small Kitchen Wares Package Certificate of Participation</p>
<p style="text-align: center;">Classroom Drawing 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, prep time for tastings and presentation.

Questions?

Real Food for Kids:

Mary Porter, mporter@realfoodforkids.org

Lori Ochoa, lochoa@realfoodforkids.org

Family & Consumer Sciences, Fairfax County Public Schools:

Reggie Morrone, remorrone@fcps.edu

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