



Georgia School Nutrition Program Farm to School Student Chef Competition

The Georgia Department of Education School Nutrition Program, as part of the **Shake it Up in School Nutrition** initiative, is holding its 2nd annual **Farm to School Student Chef Competition**. Teams will compete to develop a nutritious, student-friendly recipe that includes local foods and is easily incorporated into the school food service program. This culinary competition is designed to encourage students to engage with school nutrition and learn about our programs. Students will have an opportunity to demonstrate their culinary skills in a competitive environment. Students will gain valuable knowledge and skills in recipe development, food preparation, teamwork, and local food systems. The competition consists of a Recipe Contest and a Cooking Competition.

Recipe Contest

In the first round, teams will submit an application, original recipe with nutritional analysis, and a photograph of their dish. Applications must be submitted to the Georgia Department of Education via email by **January 10, 2018**. Recipes should be developed by the students with their team leader, with input and approval from the district's School Nutrition Program.

Recipes will be reviewed and judged on:

- Whether they meet the National School Lunch Program (NSLP) meal pattern and nutrition standards (described below);
- Incorporation of local ingredients;
- Use of culinary skills;
- Ease of use by the school food service operation;
- Recipe presentation and description; and
- Creativity.

Qualifying recipes will be included in a student chef cookbook.

Cooking Competition

In the second round, the top ten finalists from the Recipe Contest will be invited to prepare their recipe at a Cooking Competition at the William S. Hutchings College and Career Academy in Macon on March 14, 2018. Dishes will be judged on taste, student appeal, presentation, and creativity.

Note: More than one team per school may enter the Recipe Contest, however only one team per school district will be selected to compete in the Cooking Competition.

All finalists will receive a certificate, letter of accommodation from the State Superintendent, an apron, and a banner for the team to display at their school. The winning teams will be featured on the Georgia Department of Education's website.



There are 3 award levels: 1st, 2nd, and 3rd place. The 1st place team will receive a 2018 Winner banner. For the winners of the state competition, Sullivan University, in Louisville, KY, has graciously sponsored the following scholarships:

- 1st \$16,000.00 each student
- 2nd \$10,000.00 each student
- 3rd \$6,000.00 each student

The winning recipes will be promoted for use in school nutrition programs across the state.

In addition, the 1st place team will be eligible to compete in the Southeast Regional Junior Chef Competition, to be held May 9th and 10th, 2018 at Sullivan University in Louisville, Kentucky. For the winners of the regional competition, Sullivan University has graciously sponsored the following scholarships:

- 1st full tuition and fees for each student value of \$45,000.00 - \$55,000.00 each
- 2nd full tuition for each student value of \$47,000.00 each
- 3rd \$20,000.00 each student

Teams

- Teams must consist of 2-3 students in grades 9-12. Students must attend a school that participates in the National School Lunch Program.
- Each team must have at least one adult team supervisor that must be a school employee. The adult team supervisor will be the primary contact between the Georgia Department of Education School Nutrition Program and their team. In addition, the adult team supervisor should provide the team with culinary guidance, teach food safety techniques, assist with nutritional analysis, and help meet contest deadlines.
- Teams must obtain approval of their recipe by the district's School Nutrition Program prior to entering the contest. Recipes must be submitted to the district School Nutrition program by **December 10, 2017** to allow adequate time for review and approval before the application deadline. This will ensure that foods meet the USDA meal pattern requirements.

Application Process

- The completed application, with nutrient assessment and photograph must be submitted electronically to the Georgia Department of Education (GaDOE) by **January 10, 2018**. Entries may be submitted via email to StudentChef@gadoe.org.

- The team must use an original recipe.
- The ingredients for developing the recipe are the responsibility of the team/program/school and are not reimbursable from GaDOE.
- The team should consider the Cooking Competition criteria as they develop their recipe.

Recipe Requirements

- Recipes must meet the National School Lunch Program (NSLP) meal pattern and nutrient requirements. (See NSLP Meal Pattern section below).
- Any savory dish is permitted, including entrees, side dishes, soups and sandwiches.
- Seasonings should focus on herbs and spices, not salt.
- Recipes must include two (2) or more Georgia grown products that are integral to the dish; not a garnish. See the list below of Georgia grown products. The Georgia grown products may be used raw or cooked, and may be in-season or in a variety of other forms, including frozen, canned, or processed.
- Recipes must incorporate at least one (1) USDA Foods commodity.
- **Nuts are allowable in the Georgia Student Chef Competition; however, nuts are not allowed in the Southeast Regional Jr. Chef Competition. Recipes from the Georgia competition that contain nuts will need to be revised to be eligible to advance the Southeast Regional Jr. Chef Competition.**
- The recipe must serve six people.
- The recipe must include at least one cooking step and must identify the equipment needed in preparation.
- Recipes must be replicable by school food service. During recipe development, student acceptability and the ease of school meal program implementation should be considered. (e.g. labor efficiency, ingredient availability, and equipment used in preparation.)
- All grains must be whole grain-rich (i.e. $\geq 50\%$ of the grains are whole grains the remaining 50% or less of grains, if any, must be enriched). See Appendix A for guidance. Examples of appropriate grains include whole-grain or whole-wheat bread, buns or tortillas; brown rice or wild rice; whole-grain or whole-wheat pasta.
- Teams are expected to follow appropriate food safety procedures if using raw meat. For information related to safe minimum cooking temperatures and preventing cross-contamination, please visit www.foodsafety.gov. Raw meat may **not** be served for consumption.
- Recipes should be taste tested with students as part of the recipe development, done prior to the cooking competition. Results of the student taste testing should be kept and shared by the team as part of their presentation to the judging panel at the cooking competition.

- The recipe should NOT be a dessert item, including, but not limited to, cakes, cookies, pies, candies, ice cream, or brownies.
- Smoothies are not eligible.

Georgia Grown Products

Vegetables

- Broccoli
- Green beans
- Lima beans
- Beets
- Cabbage
- Carrots
- Collards
- Corn
- Cucumbers
- Eggplant
- Field peas
- Greens (kale, turnip, mustard)
- Lettuce
- Mushrooms

- Okra
- Peppers
- Potatoes
- Pumpkins
- Squash
- Sweet potatoes
- Tomatoes
- Vidalia onions

Fruit

- Apples
- Blackberries
- Blueberries
- Cantaloupe
- Citrus
- Muscadine grapes
- Peaches

- Pears
- Persimmons
- Strawberries
- Watermelon

Other

- Beef
- Dairy
- Honey
- Jams/jellies/sauces
- Peanuts
- Pork
- Poultry
- Seafood
- Wheat
- Basil
- Pecans

Sources: GA Grown Seasonal Crops. Retrieved July 7, 2017 from: <https://www.georgiagrown.com/find/fruits-vegetables>

GA Grown Products. Retrieved July 7, 2017 from: <https://www.georgiagrown.com/find>

NSLP Meal Pattern Components and Nutrient Specifications

- Participants will develop a dish that meets the NSLP Meal Pattern and Nutrient Specifications.
- See **Appendix A** for the meal component and nutrient guidelines. Preference will be given to recipes that meet the guidelines.
- Recipes must contain 0 grams trans fat* (unless naturally occurring).
- Recipes must include a nutrient assessment, either using the application or a USDA approved nutrient analysis software that may be available from their district's School Nutrition Program.
- No later than **December 10, 2017**, your recipe must be submitted to your district's School Nutrition Program to allow adequate time for review and approval of the recipe.

*Trans fat: Nutrition label or manufacturers specifications must indicate zero grams of trans fat per serving

Recipe Contest Judging Criteria

The Recipe Contest will be scored on meeting the NSLP meal pattern and nutritional specifications, recipe presentation, creativity, school food service reproducibility, culinary skills utilized, and use of Georgia grown ingredients.

- **NSLP Meal Pattern and Nutritional Content:** A nutrient analysis must be completed and submitted with the application. Teams must use a USDA approved nutrient analysis software that may be available from their district's School Nutrition Program or the recipe analyzer tool included with the application. Teams should use nutrition facts labels when completing the analysis. If labels are not available, teams may use other sources that provide nutritional information, such as the [USDA Nutrient Database](#). A list of commonly used ingredients is included in the application.
- **USDA Foods:** The USDA Foods commodity must be identified in the recipe.
- **Local Foods:** Local foods must be identified in the recipe. Recipes will be judged on the best and most use of Georgia grown ingredients and highlighting local and seasonal foods.
- **Recipe Presentation:** The recipe will be judged on its description (included in the Recipe Entry Form), completeness and the photograph of the dish. Recipe descriptions should include the taste, texture, and appearance of the dish. It is recommended that you use descriptive words such as colorful, crisp, hearty, spicy, etc. Visit <http://www.opi.mt.gov/Pdf/SchoolFood/CTK/FunaWaystoDescribe.pdf> for more information.
- **Creativity:** Recipes will be judged on innovative use of ingredients, including creative flavor combinations.
- **School Food Service Reproducibility:** Scoring will take into consideration student acceptability, ease of preparation, number and types of ingredients, availability of ingredients to school food service, cooking time, and use of cost effective ingredients.
- **Culinary Skills:** Recipes will be judged on basic culinary techniques utilized, such as knife skills (chopping, dicing, mincing) and cooking methods (baking, roasting, sautéing), and whether appropriate for school food service.

Cooking Competition

Ten finalist teams will be selected and asked to participate in the Cooking Competition on **Wednesday, March 14, 2018**, at the William S. Hutchings College and Career Academy in Macon, Georgia. Travel reimbursement for one vehicle to and from the Cooking Competition will be available to the school/district. A completed reimbursement form and receipts are required to be submitted. The Georgia Department of Education will only be able to reimburse the school/district for costs incurred.

All ingredients will be provided to teams on the day of the competition based on the recipes.

Cooking Competition Requirements on March 14, 2018

- The teams must prepare, cook, and plate their recipe (yield of six servings) in less than two hours. Ingredients will be provided and no food preparation may be done in advance.
- Proper sanitation and food safety practices must be followed at all times.
- The teams must give the judging panel a brief presentation of their dish that includes an introduction of team members, a description of the dish, an explanation of the dish creation, and the student taste test results.
- The adult team supervisor must be present at the Cooking Competition but may only provide hands-off guidance on cooking techniques and food safety prior to cooking. The team supervisor will not be allowed in the kitchen area during the cooking competition.
- Only students may cook during the competition.

Equipment

The Cooking Competition will take place at a culinary facility at the William S. Hutchings College and Career Academy in Macon. For the Cooking Competition, teams will be responsible for cleaning their station, including equipment and returning items to their proper place. Teams will be provided with the following equipment and may bring special utensils or equipment not listed below:

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|-----------------------|--------------------|---------------------|
| • Aprons and hairnets | • Knives | • Slotted spoons |
| • Baking pans/sheets | • Measuring cups | • Spatulas |
| • Cutting boards | • Measuring spoons | • Strainers |
| • Disposable gloves | • Mixing bowls | • Thermometers |
| • Electric hand mixer | • Rolling pin | • Tongs |
| • Food processor | • Saucepans | • Vegetable peelers |
| • Frying pans | • Scales | • Whisks |

Additional equipment may be available upon request.

Cooking Competition Judging Criteria

The dishes will be evaluated by a panel of judges based on the following criteria:

- **Overall Appeal:** The dish will be judged on creativity, student appeal, use of local foods, and school food service reproducibility.
- **Appearance and Execution:** The dish will be judge on color/plate appeal, aroma, and cooking quality.
- **Taste:** The dish will be judged on the use of flavors, variety of textures, and serving temperature.

- **Presentation:** Presentations should be between 2-3 minutes in length and will be scored on thoroughness of dish introduction and ability to answer questions from the judges. Teams should discuss development of dish, identification of local products in the recipe, nutritional content, results of student taste tests, and interaction with school food service.
- **Sanitation and Food Safety:** Teams will be judged on whether they are following proper sanitation and food safety practices, including proper hand hygiene, avoiding cross-contamination, proper taste testing, food thermometer use, and cleaning of work area and kitchen.

Contact

Please contact Laura Tanase or Paige Holland at StudentChef@gadoe.org with questions regarding the competition.

Resources:

1. USDA Foods Program: [USDA Foods Fact Sheet](#). A list of USDA Foods available for School Year 2018 is available at: <https://www.fns.usda.gov/sites/default/files/fdd/schools-institutions-foods-available18.pdf>
2. USDA Foods Toolkit for Child Nutrition Programs: <http://www.fns.usda.gov/usda-foods/usda-foods-toolkit-child-nutrition-programs>

This project was adapted from Whipping Up Wellness, Wisconsin Student Chef Competition. Wisconsin Team Nutrition, Wisconsin Department of Public Instruction, 2016. <http://dpi.wi.gov/team-nutrition/whipping-up-wellness>

Appendix A: National School Lunch Program Guidelines

The National School Lunch Program (NSLP) is a federally assisted meal program operating in schools throughout the nation. The program provides reimbursement to schools that meet the federal requirements. The NSLP meal pattern and nutritional standards are based on the latest Dietary Guidelines for Americans. Schools must meet requirements to receive reimbursement. Use these guidelines to assist in developing a recipe that meets requirements for school meals.

Considerations:

- Schools must meet Daily and Weekly component requirements.
- A component is one of five food groups. The components of a school meal are Grains, Fruit, Vegetable, Meat/Meat Alternate (protein and dairy products) and Milk.
- Recipes must document the amount of each component in the dish.
- For an ingredient to be creditable it must be visible in the final product or be a recipe that is widely known to contain that component.
- Meat/meat alternate and grains are credited in ounce equivalents (oz eq) and fruits and vegetables are credited in cups.
- All grains must be whole grain rich (i.e. $\geq 50\%$ of the grains in the product are whole grains the remaining 50% or less of grains, if any, must be enriched).
- All food offered counts toward the nutrient requirements, this includes condiments.
- Recipes must contain zero grams of trans fat per serving, unless the trans-fat is naturally occurring.
- Per plate cost includes labor and food cost
- Schools are tied to specific procurement requirements, so not all ingredients are available to purchase.
- Schools must meet nutrient requirements for calories, sodium and saturated fat over the course of the week.

Meal Component and Nutrient Guidelines by Dish

	Entrée/Sandwich/Entrée Salad	Side/Soup/Side Salad
Components	2 oz eq. Meat/Meat Alternate 2 oz eq. Whole Grains	One or more of the following: - 1 oz eq. Meat/Meat Alternate - 1 oz eq. Whole Grain - ½ cup fruit/vegetable*
Calories	≤ 400	≤ 200
Saturated Fat	$< 10\%$ of calories	$< 10\%$ of calories
Sodium	≤ 580 mg	≤ 200 mg

*some fruits and vegetables count differently than the volume used.

Food Component Requirements

Meat/Meat Alternate (M/MA)	<ul style="list-style-type: none"> • Credited in oz eq. • Beef, poultry, pork, beans, nut butters, cheese, yogurt and tofu are all creditable. • Use the Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz eq. • Access the FBG at www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
Grain	<ul style="list-style-type: none"> • Credited in oz eq. • All grains must be whole grain rich (i.e. $\geq 50\%$ of the grains in the product are whole grains) • Purchased breads, buns, bagels and biscuits credit 1 oz by weight = 1 oz eq. • Purchased pastas, rice and oats credit as 1oz dry or $\frac{1}{2}$ cup cooked = 1 oz eq. • Flour in from scratch recipes credits 16 g per serving = 1 oz eq. • Cereal grains in from scratch recipes credit 28 g = 1 oz eq. • Use Exhibit A for crediting of other purchased grain products
Fruit	<ul style="list-style-type: none"> • Credited in cups • Dried fruit credits as double the volume • Minimum creditable amount is $\frac{1}{8}$ cup • Use the FBG to convert as purchased into edible portion
Vegetable	<ul style="list-style-type: none"> • Credited in cups • Weekly vegetable subgroup requirements • Minimum creditable amount is $\frac{1}{8}$ cup • Raw leafy greens credit as half the volume • Use the FBG to convert as purchased into edible portion

Additional Resources

- USDA National School Lunch Program—www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
- USDA Food Buying Guide—www.fns.usda.gov/tn/food-buying-guide-school-meal-programs
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs — <http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf>
- Georgia Grown—<https://www.georgiagrown.com/>
- GA Department of Education: Shake It Up in School Nutrition —<http://www.gadoe.org/SNP/ShakeItUp>

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- (1) mail: U.S. Department of Agriculture
Office of the Assistant Secretary for Civil Rights
1400 Independence Avenue, SW
Washington, D.C. 20250-9410;
- (2) fax: (202) 690-7442; or
- (3) email: program.intake@usda.gov.

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