



Kids COOKING for KIDS

Recipe Contest Planning Guide



Three Months before Event

- Set parameters and budget. Parameters could include a certain number ingredients, cooking technique, meal type, cost per serving, etc.
- Select a date, location, and target audience such as certain grades, classes, or student organizations.
- Determine number of finalists. Eight is a manageable number but, consider your kitchen size.
- Send a save the date (pg.3) to administration, local media, yearbook, and judges.
 - Invite local community celebrities to serve as judges (pg.4). This could include policeman, fireman, local restaurant owners, etc.
- Distribute contest form (pg.5-6) to students and offer to make a school announcement.
- Get cafeteria staff involved to identify kids who might be interested.

One Month before Event

- Gather entries and have two people select finalists separately with the given parameters.
- Send congratulations letter (pg. 7) to the student finalists and parents.
- Send thank you notes to all those who submitted and invite them to come watch and keep cooking.

After Selection

Meet as a group. This will be a time to answer questions, set expectations and talk about the judging criteria (taste, presentation, healthiness, ease of preparation), encourage students to practice and share with family and friends, and EMPHASIZE HOW IMPORTANT THEY ARE AS A GROUP.

Recipe revisions and special equipment requests should also be discussed.

Three Weeks before Event

- Obtain prizes. Ideas could include cooking utensils, cookbook, and mixing bowl. Look for donations from produce vendor, restaurant supply store, or grocery vendor.
- Finalize the judges.

One Week before Event

- Place food orders.
- Finalize equipment needs – tour kitchen to make sure you have everything you need and large equipment is working.
- Call parents to let them know how excited you are and if they have any questions.
- Get table decorations – tablecloth, sample platters, presentation plates (6 in), 4 oz. portion cups, plastic ware, napkins, steamers, balloons, chef's hats.
- Meet with teachers about the opportunity for their classmates to be at the awards ceremony.
- Get participation certificates printed (pg.8) and signed (cafeteria manager or presenter).
- Print recipe name signage (pg.9) and place in sign holders.
- Identify a photographer with list of photos wanted/required.



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Recipe Contest

Planning Guide



Day of Event

- Set up presentation and prize table for students to preview.
- Set up individual stations with cutting board, knife, gloves, apron, hat, appropriate equipment, towels, sanitation buckets and hotel pans with student's ingredients.
- Supply the judges with clipboards, ballots and pens.

Student huddle – things to remind them:

- They will have **90** minutes to create recipe.
- Each student should create one presentation plate and at least 25 samples.
- Wash hands and use gloves!
- Cleaning is part of cooking.
- Staff is here to assist.
- Have FUN!

During the event

- Give time updates and identify who might need extra attention.
- Before judging, students will plate one full serving for presentation and at least 25 samples.
- Can store samples in warmer if needed.
- Take one sample for each judge and place in front of the presentation plate.

Judging

- Students stand behind their product and explain their creation to the judge. This should include how they came up with the idea, why it's healthy and how they prepared the item.
- Invite the parents/spectators to come and sample.
- Tally the ballots – most points wins.

Awards ceremony

- Have a judge representative present certificates and announce the winner.
- Thank any special guests, dismiss and remind kids to come back to kitchen to clean.

After the Event

- Send thank you notes to judges, local media, and donors.
- Post pictures on social media.
- Collect any newspaper articles and post on cafeteria wall.
- Write down any improvements for next time and put in file.
- Celebrate the fun of mentoring tomorrow's chefs!

Kids COOKING for KIDS Recipe Contest

See the creativity at

& taste it too!

**Please be our honored judge on
, to see which recipe
tastes best.**

**Please arrive in the cafeteria at .
Tasting/judging will take place from .
Awards at .**

**Contact at
by to be a part of this event.**

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Recipe Contest

Save the Date!

Date: _____

Time: _____

Location: _____



Please come and show your support as students compete in the Kids Cooking for Kids Recipe Contest. Students will be preparing a healthy recipe and presenting them to a panel of judges.

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Recipe Contest

Entering is Easy!

1. Find your favorite healthy **lunch** recipe.
 - a. This recipe can be your original creation or can come from any source including a family member, online, or a cookbook.
 - b. It should be easy to prepare within 1 hour.
2. Complete the entry form on the back of this flyer.
3. Return this entry form to the cafeteria by _____. A selection of _____ finalist will be announced soon afterwards.



Judging

Date: _____ at _____

Location: _____

Students will prepare their recipe and they will be presented to a distinguished panel of judges. Parents are welcome to this event!

Winners

The winning recipe will be featured on the school lunch menu. The winner will also receive _____. All participants will receive a certificate.

Recipe Contest Entry Form

Complete this form and submit to the cafeteria by_____.

Student's Name: _____

Grade: _____

Recipe Title: _____

Recipe Ingredients (include measurements):

Step by Step Instructions:

Why is this recipe healthy?



Congratulations!

You have been chosen as a finalist for the **Cooking for Kids** recipe contest!

The categories of the judging are taste, presentation, healthiness and ease to duplicate. Keep this in mind as you are planning.

The contest will take place on _____ . Family and friends are invited to competition day and can take pictures in the kitchen at a designated time. Cafeteria helpers will be there to assist you. All the ingredients will be purchased so just show up ready to cook and have fun. You will have 90 minutes to complete your presentation dish along with samples for the judges and the community attendees.

We will meet on _____ , as a group to discuss more details. Please let me know if you have any questions before then. You are a chef in training so practice at home with family and friends if you can.

Sincerely,

Kids COOKING for KIDS



Presented to

.....

You did an awesome job!



.....

Date

.....

Signature

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Recipe Contest

