

Fact Sheet



Teams

- Each team may consist of 2-5 students.
- High School teams may consist of any combination of students in grades 8-12th.
- Each team must have an Adult Team Supervisor who is present for the duration of the competition. Team Supervisors must be a school employee, parent Chef or adult representative of related Community organization.
- Each team is also allowed but not required to have a Team Coach. The Team Coach could be a school food service professional, chef, farmer, Family Consumer Science teacher or foodie who helps the team create and practice a recipe in preparation for the event.
- Only students may cook during the competition. The Team Supervisor and/or Coach may only provide hands-off guidance in cooking techniques and safety. Any other adult involvement in the cooking will result in disqualification of the team.
- Dish must meet the NSLP menu guidelines.
- Dish must be Food Service Staff "friendly" allowing them to incorporate the recipe into their school menu.

Entry Fee: \$150.00 entry fee per school (only one team per school). Checks should be made payable to **Kentucky State Treasurer**

Permission Release Form: Each team member must submit a signed "Parental Permission and Release Form".

Recipe Submittal: Teams must submit the recipe and nutritionals they will be cooking at the competition for review by March 15, of program year. Recipes will be checked for the following criteria:

- Use of at least 5 local ingredients, provided by KDA Farm to School Jr Chef
- Replicable by School Food Service staff
- Adherence to all KDA Farm to School Junior Chef Competition rules

The recipe and nutritionals must be submitted using the recipe example form found on the KDA Farm to School Junior Chef homepage <http://www.kyagr.com/junior-chef/>. You can use the template to share draft recipes with your team members. **Your recipe should make six 3 oz. servings.** Two of your servings will be plated as demonstration plates. One of these will be sent to the judges to view how the plated dish looks, and one will be put on display for attendees to view. The remaining servings need to be split into three servings. These are servings the judges will taste.

Remember, your final recipe MUST be submitted by March 15, of program year.

KDA Farm to School Junior Chef reserves the right, upon review, to reject recipes or ask for adjustment. Once your recipe is approved, you may not make any changes.

Team Entry Fee, Permission Forms, Team application and recipe must be mailed to our office.

**KDA Junior Chef
107 Corporate Drive
Frankfort KY 40601
Attn: Tina Garland**

