

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.
- Recipes must fall within NSLP guidelines in critical areas i.e., sodium, protein, fats, carbohydrates.
- Recipes must be Food Service Staff "friendly", allowing the recipe to be used in 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 their recipe, along with nutrient analysis, work plan, and related documentation by April 15th of program year. Recipes must meet the following criteria:

- Use of at least 5 local ingredients, provided by KDA Farm to School Jr Chef
- Must use 1 USDA Food ingredient
- Replicable by School Food Service staff
- Adherence to all KDA Farm to School Junior Chef Competition rules

The recipe (with nutrient analysis) and work plan must be submitted using the recipe template and work plan template 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 demonstration plates will be created containing one serving each. One demonstration plate will be sent to the judges to view, and the other will be put on display for audience to view. Three tasting plates will be prepared containing ½ portions each. These three plates will be given to the judges for tasting.

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

All entries are final and no recipes may be changed once submitted.

Entry Packets containing 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: Judy Gurnee**