



BREAK for a PLATE  
SCHOOLS

## Competition Rules and Guidelines

### TEAMS:

- ◆ Only one team per district may enter the competition.
- ◆ Each team may consist of 2-4 competing students and 2 alternates from grades 9-12.
- ◆ Each team must have a Team Adult Representative who is present for the duration of the competition. Representatives must be a school employee (teacher, school nutrition staff member such as a director, manager or chef.)
- ◆ Only students may cook during the competition. The Team Adult Representative 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.
- ◆ **Permission Release Form:** Each team member **must** submit a signed "Parental Permission and Release Form".
- ◆ Teams **must** submit 6 copies of the recipe and nutrient analysis.

### RECIPE REQUIREMENTS (ENTREES ONLY):

- ◆ Meet the National School Lunch Program meal pattern and nutrition standards.
- ◆ Must be accompanied with nutrient analysis.
- ◆ Incorporate at least **two** local ingredients from the state of Alabama.
- ◆ Incorporate at least **one** USDA Food Commodity.
- ◆ Be replicable by School Nutrition Professionals.
- ◆ **Final Recipe and Nutrient Analysis must be received in the ALSDE CNP office on or before 12:00 p.m. Tuesday, January 31, 2023.**
- ◆ Alabama Farm to School Junior Chef reserves the right, upon review, to reject the recipes or ask for adjustment. Once your recipe is approved, you may not make any changes.
- ◆ It is highly recommended for teams to consult with the district Child Nutrition Program Director for assistance with the recipes.

### COOKING COMPETITION EXPECTATIONS:

- ◆ Team members are expected to wear appropriate footwear, clothing, and hair restraints for the cooking competition.
- ◆ Teams **will** prepare, cook and plate the recipe (yield of six servings) in less than two hours (1.5 hours for food preparation and half-hour for clean up). **No food preparation may be done in advance.**
- ◆ Teams **will** plate six presentation dishes; one for each of the judges, one for show, and one for the audience to see how the dish looks. Teams must provide judges with tasting plates.
- ◆ Teams **will** give a brief presentation of their dish that includes an introduction of team members, a description of the dish, and an explanation of the dish creation the judging panel.
- ◆ Teams are required to purchase and transport their own food and ingredients adhering to HACCP standards during transport and competition. Food will be temped after each team signs in at the competition site.
- ◆ If first place state competition winner is unable to participate in SERO competition, the second place team will be invited to compete and receive state scholarships.

Typed **Team Entry Form, Permission Forms, Team Application, Ingredient List, Equipment List, Recipe and Nutrient Analysis**) with original signatures must be received electronically in the Child Nutrition office **on or before 12:00 p.m. Tuesday, January 31, 2023.**

Submit completed applications to Attn: Junior Chef at [ehicks2@alsde.edu](mailto:ehicks2@alsde.edu).

For questions, contact Esther Hicks, Education Specialist II, at [ehicks2@alsde.edu](mailto:ehicks2@alsde.edu) or phone 334-694-4682.