



BREAK for a PLATE
SCHOOLS

Junior Chef Competitive Event Information

The Child Nutrition School Programs Staff is pleased to announce the sixth annual Junior Chef Competition for the state of Alabama. This culinary competition is designed to encourage students to be engaged in our programs and provide them with an opportunity to demonstrate their cooking skills in a competitive environment. High School students from across the state will have a chance to learn valuable skills in recipe development, food preparation, marketing, public presentation, organization, teamwork, and local food systems.

Our goal is to inspire students to be involved in the creation of healthier eating habits that will improve their health now and in the future. In addition, we aim to provide nutrition education, stimulate interest in both locally produced agriculture and Child Nutrition Programs, and increase consumption of healthier products provided in school meals. Finally, we want to support and inspire the next generation of food service personnel.

This competition will take place on Friday, February 17, 2023, at Jefferson State Community College Shelby-Hoover Campus (4600 Valleydale Road, Hoover, AL 35242). Districts are limited to one team per system/district. Each team may consist of 2-4 students in grades 9-12. Each team must have one adult representative who is employed by the school system. Additionally, it is allowable, but not required for a team to have a team coach. The coach must also be an employee of the school system.

For the winner of the state competition, Sullivan University in Louisville, KY has graciously sponsored the following scholarships:

- **1st Place - \$10,000 for each student on the team**
- **2nd Place - \$6,000 for each student on the team**
- **3rd Place - \$3,000 for each student on the team**

The first-place team will move forward to the Southeast Region Junior Chef Competition. This will take place on Thursday and Friday, May 11 - 12, 2023 at Sullivan University, 3101 Bardstown Road, Louisville, KY 40205.

All entries must be submitted electronically to **Esther Hicks** at ehicks2@alsde.edu in the ALSDE CNP office **no later than 12:00 noon on Tuesday, January 31, 2023.**

Entries must include the following documents:

- 2023 Junior Chef Team Creation Entry Form
- Consent to Requirements and Rules of Competition Form
- Parental Permission and Release Form (1 for each student on the team – limit 4)
- Recipe **(Entrees Only)** Submission Form (including ingredient list and equipment list) – 6 copies and Nutrient Analysis (Taste Tests, Nutritional Analysis, and final recipes due Tuesday, January 31, 2023.)