



## Future Chefs Cooking Contest February 29, 2012

**Explanation of the event:** This event is designed as a Nutrition Education Program for Student Well-Being awareness by creating an opportunity for students to learn about healthy foods and simple ways to prepare snacks and meals.

Now through **January 27, 2011** students in **grades, 5<sup>th</sup>-8<sup>th</sup>** are able to submit recipes to the "Future Chef's" box located in the front office of their school site to be judged on:

- Originality
- Kid Friendly
- Ease of Preparation
- Best Use of Featured Ingredients (Cereal (whole grain), Cheese (low fat), Eggs, Potatoes, Refried Beans, Sweet Potatoes, Tortillas, Turkey Sausage, and Yogurt).
- Healthy Attributes
- Plate Presentation

**Due to the many entries we receive, only the finalists are notified by the Food Services Department and are invited to participate in a Cook-off on February 29, 2012. If chosen, you will be notified by Monday February 3, 2012.**

At the final cooking competition an adult / parent will assist the student chefs. Food Services Department will provide the contestants with **all needed food items** to prepare their dish. All contestants will also be provided with a chef hat, apron and disposable gloves. (If you have long hair, it must be tied back.) Student chefs will show judges and spectators how to prepare their dish. After their dishes are sampled and judged, the top three winners will be announced and will receive a medal and prize. The remaining contestants are awarded honorable medals. All contestants will be able to keep their chef hat.

We will be scheduling the cook-off at the end of the school day so instructional time is not used. The event will be held at **Sequoia Elementary School** in the cafeteria at **2:30pm–4:30p.m. (Cook-off contestants will be asked to arrive at 2:15pm for preparation.)**

At the end of the event all recipes submitted from the students will be available for you taste.

If you have any questions, please feel free to contact me at (707) 542-7375 x4152  
Thank you for your support and participation.

Heather Driscoll  
General Manager  
Sodexo  
Food Services Department