~2nd Annual~
Eugene District 4J
“Future Chefs” Culinary Competition
Saturday, February 12th, 2011
South Eugene High School

TO: All Principals and 4th/5th grade Teachers
FROM: Rick Sherman, Director, Nutrition Services
DATE: 11/19/2010

Hello everyone,

We are excited to bring back our 2nd annual “Future Chefs” Culinary Competition!

These events have been extremely popular! 4th and 5th graders are invited to submit recipes. Two finalists from each school are chosen to go head-to-head in an “Iron Chef” format, battling for a grand prize.

This contest helps educate the kids in HEALTHY EATING HABITS. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits. That’s why we want kids to submit recipes for their healthy after-school snack! Final judging (see below) will be based on:
• Health-conscious foods
• Judge’s Choice
• Simple, kid-friendly preparation
• BestTable Demonstration
• Fun kid-foods
• NEW this year!: Best use of Fresh & Local ingredients

Instructions/Timeline of what will happen:
1. Kids in 4th & 5th grades that want to participate fill out a recipe card. **Forms are available on our website at** www.4j.lane.edu **then go to “nutrition services.”** There, you will see a tab that says “Future Chefs.” Or, you can make copies of the one provided.
2. The recipes are returned to **Nutrition Services** via district mail. They can also be dropped off at the kitchen, but it really works well if the teachers do this as a class project.
3. Buildings return recipes to me at the Ed. Center no later than **Friday, January 18th**.
4. A “distinguished panel of judges” narrow down recipes to two kids per each school.
5. Those finalists (& their parents) will then be formally invited to a **Culinary Competition “Cook-Off”** on Saturday, February 12th, 2011, from 8:30 am-1pm.
All finalists will receive a framed plaque, a recipe book of all finalist’s recipes, apron and Chef hat, as well as a medal! Grand prize winners will receive all of that, plus a valuable prize pack! Winning “Best Team Table Presentation” will receive a framed photo to be displayed back at their school as well as some kid-friendly cookbooks for their school library.

The local media will be invited to take pictures of the kids creations, as well as parents & teachers to view (& taste!) the final product from 12-1 pm on February 12th.

Transportation of kids will not be provided on the February 12th cook-off. Kids will need to be dropped off/picked up at South Eugene High School.

Safety issues, staff supervision: Each group of kids will have assigned to them a kitchen staff/High school culinary student. This will ensure that safe food practices are followed, and no one gets harmed.

Did I forget anything? Please let me know if I can answer any questions or concerns.

Rick Sherman
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