



Eugene School District Middle School Culinary Competition

TO: All Principals and Teachers
FROM: Rick Sherman
DATE: 1/18/12

Hello everyone,

We're thrilled to introduce this great new concept to your school. In the past this event has been open to 4th and 5th graders only. After hearing suggestions that we should include the middle schools, this year the competition will be open to 6th-7th-8th graders!

The idea behind this event is to help 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 *favorite breakfast dish!* Judging will be based on:

- Originality
- Kid Friendly
- Ease of Preparation
- Best Use of one or more of the Featured Ingredients (whole grain cereal, low fat cheese, eggs, potatoes, refried beans, sweet potatoes, tortillas, turkey sausage and yogurt)
- Healthy Attributes
- Plate Presentation

Timeline of what will happen:

1. A flyer will be sent to the teachers in your building, describing the event. Included with this will be some blank recipe cards. More will be available in the cafeteria.
2. Kids that want to participate, fill out the recipe card and return it.
3. Teachers collect the recipe cards and give them to the cafeteria.
4. Buildings return recipes to me at the Ed Center no later than
Friday, February 10th.
5. A "Distinguished Panel of Administrators" will evaluate recipe submissions, and narrow the number down to **three** kids per school.

6. Those finalists will be formally invited to a Culinary Competition "Cook-Off" on Saturday, March 17th, tentatively scheduled for 9:00 am - 2:00 pm.

All Finalists will receive a framed plaque, a recipe book of all finalist's recipes, an apron, and Hat.

The Local Press will be invited to take pictures of the kid's creations, and parents & teachers can view (and taste!) the final product during the reception portion of the event.

Transportation of kids will not be provided on March 17th for the competition. Kids will need to be dropped off/picked up at South Eugene High School.

Each group of three kids will have a Culinary student assigned to them to ensure that there are no safety issues. This will insure that safe food and preparation practices are followed, and no one gets harmed.

As an added bonus, ours is just one of 98 competitions that Sodexo will be orchestrating across the country in March. The winning recipe from each event will be entered to win a national competition. More details will follow, but we're lining up some great prizes for those that are chosen to receive national recognition.

Please let me know if I can answer any questions or concerns!

Rick Sherman

Nutrition Services Director

Eugene School District

541.790.7657 -office

541.990.3406-cell

rsherman@4j.lane.edu

