

## 2022-23 North Carolina Jr. Chef Competition (NCJCC)

The North Carolina Jr. Chef Competition (NCJCC) seeks student created and tested recipes for school meals. The goal of the N.C. Jr. Chef Competition is to inspire students to be involved in the development of healthier eating habits, especially when it comes to school meals. The intent of the competition is to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, provide nutrition education, and ultimately increase consumption of healthy school meals.

The NCJCC will recognize students for their ability to work as members of a team to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe** that meets the guidelines to submit for the NCJCC recipe contest. For the NCJCC cook-off, finalist teams must **prepare, cook, and plate their recipe** and **present their prepared recipe** to evaluators.

For 2022-23, the N.C. Jr. Chef Competition will be a virtual hybrid format. Student teams will work together at their school with guidance from their Adult Team Supervisors and Coaches to meet competition requirements, develop a recipe, conduct taste tests of their recipe, and prepare and submit competition materials. Teams will participate virtually in live interviews with a panel of evaluators and a recognition ceremony.

### ELIGIBILITY:

1. Teams of 2-4 high school students (grades 9-12) currently enrolled in a North Carolina public school that participates in the National School Lunch Program can participate in the NCJCC. Individuals may not be on more than one team.
2. Only one team per school is permitted an entry. The school may choose to hold a preliminary competition judged by School Nutrition professionals and community stakeholders to determine which team advances, but each school may only submit one entry.
3. Each team must have an Adult Team Supervisor which is a North Carolina public school educator (i.e., Ag, Family and Consumer Sciences, Math, or Science teacher) or School Nutrition administrator. The Adult Team Supervisor should provide the team with culinary guidance, teach food safety techniques, assist with costing and nutrient analysis, supervise recipe development and preparation, and help meet competition deadlines. Each team is also allowed, but not required, to have a Team Coach. The Team Coach could be a School Nutrition professional, Family and Consumer Sciences teacher, Cooperative Extension agent, chef, or farmer. Teams are strongly encouraged to work with their local School Nutrition Program to ensure that recipes will be replicable for school meals.

### DEADLINES:

| Date                            | Activity   |
|---------------------------------|--|
| <b>February 3, 2023 (6 pm)</b>  | Teams must submit the <a href="#">Online Submission Form, Application</a> (Excel or Google Sheet), Recipe Photo and a signed <a href="#">NCJCC Permission and Release Form</a> for each student team member. The Application includes team information, recipe ingredients and instructions, nutrient analysis, and cost analysis. |
| <b>February 20, 2023</b>        | Based on a review of applications and recipes, up to 8 finalist teams will be selected to compete in the cook-off phase of the competition. Teams will be notified regarding finalist selections.  |
| <b>March 10, 2023 (6 pm)</b>    | Finalist teams will submit their final application with recipe, nutrient analysis, cost analysis, recipe photo, work plan, and an unedited recipe preparation video.   |
| <b>March 28 or 29, 2023</b>     | Teams will be scheduled for a brief virtual live interview with a panel of evaluators.   |
| <b>March 30, 2022</b>           | A virtual ceremony will be held recognizing all finalist teams and announcing the results.   |
| <b>March 30, 2022</b>           | Competition results will be officially announced via press release and social media.   |
| <b>April 28, 2023 (4:30 pm)</b> | The NCJCC first place team must submit the application (registration form, recipe, nutrient analysis, grocery list and work plan), documentation of nutrient analysis, recipe photo and permission forms for the Southeast Jr. Chef Competition.   |
| <b>May 11-12, 2023</b>          | The NCJCC first place team advances to compete in the Southeast Jr. Chef Competition at Sullivan University in Kentucky.   |

## RECIPE CONTEST:

1. Student teams will develop a lunch entrée recipe (yield of 6 servings) that meets the USDA School Nutrition Program requirements and includes at least 2 North Carolina grown ingredients and 1 USDA Food item. At least one of the North Carolina grown ingredients must be sweetpotatoes, winter squash, dark leafy greens (collard greens, kale, mustard greens, turnip greens, romaine, spinach, swiss chard), cabbage (red or green), legumes/beans and peas, or wheat. Recipes must be replicable by School Nutrition professionals for school meals. Teams must conduct taste tests with their student peers and incorporate the feedback into the recipe. Students must calculate a cost per serving and nutrient analysis for their recipe. The recipes developed must be able to be prepared, plated, and presented by teams within the 90-minute time limit.
2. Teams will submit the online Submission Form, Application, Recipe Photo and completed and signed NCJCC Permission and Release Forms. The Application includes team information, recipe ingredients and steps, nutrient analysis, and cost analysis.
3. A recipe review panel will review and score submissions based on established criteria. The NCJCC recipe review panel will check recipes for use of 2 local ingredients and 1 USDA Food item along with adherence to National School Lunch Program requirements, USDA Smart Snacks nutrition criteria and NCJCC guidelines. The NCJCC reserves the right, upon review, to reject recipes or ask for adjustment.
4. For 2022-23, teams are required to view brief videos/presentations on the following:
  - NCJCC guidelines,
  - School Nutrition,
  - Farm to school,
  - North Carolina agricultural products and USDA commodities, and
  - Food safety.
5. Points will be awarded based on completion of the required action steps, timely submission of the application and the quality of the recipe and application submitted. Up to eight finalist teams will be selected.

## COOK-OFF:

**Evaluators will evaluate the application materials and recipes of all entries and select up to 8 finalist teams to advance to the cook-off phase of the competition. The following section is only for the finalist teams advancing to the cook-off.**

1. Finalist teams will compete preparing, plating, and presenting their recipe for a panel of evaluators.
2. Finalist teams will submit a video of their team preparing and plating their recipe. The recording should be done in one take (no editing, starting over, etc.) and should show the work surfaces in their entirety and the student(s) at all times. The video can show the team working together when allowable or show individual team members creating parts of the dish when being together in the same location is not possible, due to COVID-19 guidelines. The video must be unedited footage of recipe preparation. If team members must create parts of the dish in separate locations, the footage may be combined for one video submission. Note: Scoring is based on recipe development and culinary and food safety skills, not skills with video production.
3. Finalist teams will have **90 minutes to prepare, cook, and plate their recipe** (yield of 6 servings). No food preparation may be done in advance. Teams will have 20 minutes after preparing and plating their dish for station clean up. Teams are also encouraged to clean as they go.
4. Each team must have an Adult Team Supervisor who is present for the duration of preparing and plating the recipe. Only students may prepare and plate the recipe. Any adult involvement in food preparation during the competition will result in disqualification.
5. In preparing and plating their recipes, finalist teams must wear appropriate, clean attire, and demonstrate organization, culinary and food safety skills, and industry standards in the use of equipment, tools, and techniques. Participants will follow directions and recipes to prepare food products that meet industry standards.
6. For evaluation, evaluators will review submission forms, including the application, recipe, recipe photo, nutrient analysis, cost analysis, and work plan in addition to the team videos.
7. Teams will be scheduled to participate in a live virtual interview with the panel of evaluators. During the interview, teams will give the evaluation panel a brief presentation of their dish that includes an introduction of team members, a description of the dish, an explanation of the dish creation including local ingredients and USDA Foods

used, results of taste tests and how the recipe is replicable for school meals. **Teams will have 5 minutes for their presentation.** Evaluators will have time to ask questions of the team and provide feedback to teams based on their recipes. Interview sessions will be scheduled in 20-minute blocks.

8. Evaluators will use the rubric to score and write comments for each team by observing their food safety and work habits, culinary techniques, teamwork, presentation skills, and professional appearance and evaluating recipe development, creativity, adherence to nutrition guidelines, replicability for school meals, taste, and appeal. Evaluation from team interviews will also be noted on the rubric. After observing teams in action and conducting interviews for teams, evaluators will meet with each other to discuss participants' strengths and suggestions for improvement and decide on overall team scoring and placement.
9. All finalist teams will be recognized, and the results of the N.C. Jr. Chef Competition will be announced during a virtual ceremony. Teams will be notified regarding how to participate. Student members of the teams, Adult Team Supervisors, Team Coaches, and School Nutrition administrators advising the teams along with their school principals, and Public Information Officers for their school districts, and families will be invited to participate in the virtual recognition. Teams will also receive an official congratulations email regarding the results. Additionally, the results of the NCJCC will be announced via a press release and social media posts. Please refrain from sharing the results widely until these official notifications have gone out.

#### **GENERAL INFORMATION:**

1. In working together as a team on recipes, applications and interviews/presentations, students and staff should adhere to health and safety guidelines. Consult with your local school district and health department for guidance.
2. Students must be enrolled in a North Carolina school that participates in the National School Lunch Program.
3. Student teams will develop a recipe for an entrée that can be served as part of a complete reimbursable school meal. Only one recipe can be submitted per team. Entrée recipes should be an original creation by the students. Team advisors can provide guidance. Recipes should be replicable by School Nutrition professionals and meet the nutrition and cost requirements for school meals. Input and approval should be received from the School Nutrition Program prior to recipe submission.
4. Recipes should comply with USDA School Nutrition Program requirements. Teams should aim to meet the USDA Smart Snacks in Schools nutrition criteria for an entrée. Do not create recipes that use deep fat fryers. **Dishes must not contain nuts or nut products.** See below for additional information. The NCJCC Application includes a worksheet for nutrient analysis and calculation of cost per serving. In addition, [FoodData Central](#), the USDA [Food Buying Guide](#), and/or Recipe Analysis Workbook may be helpful in conducting nutrient analysis.
5. Recipes must include at least 2 North Carolina grown products and 1 USDA Food. The items must be identified in the recipe. See below for a list of some North Carolina grown products. [Use this list to determine eligible USDA Foods.](#) USDA Foods and local items used as garnish do not count towards recipe requirements.
6. Teams will receive scores on recipe development, safety and sanitation, execution/teamwork, and presentation.
7. Teams are expected to follow appropriate food safety procedures. For information related to safe minimum cooking temperatures and preventing cross-contamination, visit [www.foodsafety.gov](http://www.foodsafety.gov). Raw milk, eggs, meat, poultry, or seafood may **not** be served for consumption.
8. All student members of the finalist teams will receive certificates, medals based on the team score, and NCJCC chef's hats, coats, and aprons. The 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> place teams will receive plaques to display in their school. The 1<sup>st</sup> place team wins the honor of hosting the NCJCC trophy until the next cook-off.
9. For the North Carolina Jr. Chef Competition, Sullivan University is offering the following scholarships: 1<sup>st</sup> place \$10,000 scholarship for each student team member, 2<sup>nd</sup> place \$6,000 scholarship for each student team member, and 3<sup>rd</sup> place \$3,000 scholarship for each student team member.
10. The NCJCC first place team advances to the Southeast Jr. Chef Competition at Sullivan University in Kentucky. At this time, the 2023 Southeast Jr. Chef Competition is tentatively being planned to be in-person May 11-12. Teams will be notified as more information is available. For the Southeast Jr. Chef Competition winners, Sullivan University offers the following scholarships: 1<sup>st</sup> place \$10,000 scholarship for each student team member, 2<sup>nd</sup> place \$8,000 scholarship for each student team member, and 3<sup>rd</sup> place \$5,000 scholarship for each student team member.
11. The materials, equipment and ingredients needed for developing and preparing the recipe are the responsibility of the team/program/school. Ingredients will **not** be provided during the NCJCC. If sponsor funds are available, stipends may

be provided to teams to defer expenses related to ingredients, as per the recipe cost analysis. In addition, financial support may be provided to the first place North Carolina team for travel to/from and participate in the Southeast Jr. Chef Competition if sponsor funds are available.

12. If you have questions regarding the NCJCC, email Tracey Bates, [tracey.bates@dpi.nc.gov](mailto:tracey.bates@dpi.nc.gov), or Gwen Turner, [gwen.turner@dpi.nc.gov](mailto:gwen.turner@dpi.nc.gov).

## NATIONAL SCHOOL NUTRITION PROGRAM GUIDELINES

The National School Lunch Program (NSLP) is a federally-assisted meal program operating in schools throughout the nation. The NSLP meal pattern and nutritional standards, based on the Dietary Guidelines for Americans, must be met in order for schools to receive federal reimbursement. Use the following guidelines to assist in developing a recipe that meets the requirements for school meals.

### Considerations:

- Schools must meet Daily and Weekly component requirements. A component is one of five food groups. The components of a school meal are Grains, Fruit, Vegetable, Meat/Meat Alternate (protein and dairy products) and Milk.
- Recipes must document the amount of each component in the dish.
- For an ingredient to be creditable as a component, it must be visible in the final product or be a recipe that is widely known to contain that component.
- All food offered counts toward the nutrient requirements, including condiments.
- Federal reimbursement received is used to cover all School Nutrition Program expenses. School Nutrition Programs are advised to allocate resources as follows: food 40%, labor 40%, and equipment/other direct and indirect costs 20%.

### Nutrition Standards\* Entrée

| Nutrient      | Entree                    |
|---------------|---------------------------|
| Calories      | 350 calories or less      |
| Sodium        | 480 mg or less            |
| Total Fat     | 35% of calories or less   |
| Saturated Fat | Less than 10% of calories |
| Trans Fat     | 0                         |
| Sugar         | 35% by weight or less     |

### Entrée Food Combinations

A school lunch entrée\* is defined as the main course of a meal that has a combination of:

meat/meat alternate + whole grain-rich food;

vegetable + meat/meat alternate;

fruit + meat/meat alternate; and a

meat/meat alternate alone, except for meat snacks (e.g., beef jerky), yogurt, cheese, seeds, and seed butters.

\*Smart Snacks in Schools Nutrition Standards

### Food Component Requirements

| Component                         | Description   |
|-----------------------------------|---|
| <b>Meat/Meat Alternate (M/MA)</b> | <ul style="list-style-type: none"> <li>• Credited in oz eq.</li> <li>• Beef, poultry, pork, beans, seeds, cheese, yogurt, and tofu are all creditable. Nuts and nut products are creditable for school meals but are not allowed in the NCJCC.</li> <li>• Use the USDA Food Buying Guide (FBG) to determine how products credit and convert as purchased into edible portion and oz eq.</li> </ul>  |
| <b>Grain</b>                      | <ul style="list-style-type: none"> <li>• Credited in oz eq.</li> <li>• All grains must be whole grain rich (i.e. <math>\geq 50\%</math> of the grains in the product are whole grains)</li> <li>• Purchased breads, buns, bagels, and biscuits credit 1 oz by weight = 1 oz eq.</li> <li>• Purchased pastas, rice, and oats credit as 1oz dry or <math>\frac{1}{2}</math> cup cooked = 1 oz eq.</li> <li>• Flour in from scratch recipes credits 16 g per serving = 1 oz eq.</li> <li>• Cereal grains in from scratch recipes credit 28 g = 1 oz eq.</li> </ul> |
| <b>Fruit</b>                      | <ul style="list-style-type: none"> <li>• Credited in cups</li> <li>• Dried fruit credits as double the volume</li> <li>• Minimum creditable amount is <math>\frac{1}{8}</math> cup</li> <li>• Use the USDA Food Buying Guide to convert as purchased into edible portion.</li> </ul>  |
| <b>Vegetable</b>                  | <ul style="list-style-type: none"> <li>• Credited in cups</li> <li>• Weekly vegetable subgroup requirements</li> <li>• Minimum creditable amount is <math>\frac{1}{8}</math> cup</li> <li>• Raw leafy greens credit as half the volume</li> <li>• Use the USDA Food Buying Guide to convert as purchased into edible portion.</li> </ul>  |

**SCHOOL PROGRAMS MEAL, SNACK AND MILK PAYMENTS TO STATES AND SCHOOL FOOD AUTHORITIES**

**Expressed in Dollars or Fractions Thereof Effective from: July 1, 2022-June 30, 2023**

| NATIONAL SCHOOL LUNCH PROGRAM <sup>1</sup> |               | LESS THAN 60% | LESS THAN 60% + 7 cents <sup>2</sup> | 60% OR MORE | 60% OR MORE + 7 cents <sup>2</sup> | MAXIMUM RATE | MAXIMUM RATE + 7 cents <sup>2</sup> |
|--|---------------|---------------|--------------------------------------|-------------|------------------------------------|--------------|-------------------------------------|
| CONTIGUOUS STATES                          | PAID          | 0.37          | 0.45                                 | 0.39        | 0.47                               | 0.45         | 0.53                                |
|  | REDUCED PRICE | 3.53          | 3.61                                 | 3.55        | 3.63                               | 3.70         | 3.78                                |
|  | FREE          | 3.93          | 4.01                                 | 3.95        | 4.03                               | 4.10         | 4.18                                |

**North Carolina Grown Products** - For info on these or other North Carolina grown products, visit [www.gottobenc.com](http://www.gottobenc.com).

| Grains  | Fruit  | Vegetables   | Protein Foods   | Dairy  |
|---|--|--|---|--|
| <ul style="list-style-type: none"> <li>• Millet</li> <li>• Rye</li> <li>• Sorghum</li> <li>• Wheat</li> </ul> | <ul style="list-style-type: none"> <li>• Apples</li> <li>• Asian Pears</li> <li>• Blueberries</li> <li>• Blackberries</li> <li>• Cantaloupe</li> <li>• Grapes</li> <li>• Peaches</li> <li>• Raspberries</li> <li>• Strawberries</li> <li>• Watermelon</li> </ul> | <ul style="list-style-type: none"> <li>• Beans, Butter</li> <li>• Beans, Green</li> <li>• Broccoli</li> <li>• Corn</li> <li>• Cucumbers</li> <li>• Eggplant</li> <li>• Leafy greens (cabbage, collards, kale, turnip, mustard)</li> <li>• Lettuce</li> <li>• Okra</li> <li>• Peas, Field</li> <li>• Peppers</li> <li>• Potatoes, White</li> <li>• Pumpkins</li> <li>• Squash</li> <li>• Sweetpotatoes</li> <li>• Tomatoes</li> </ul> | <ul style="list-style-type: none"> <li>• Beef</li> <li>• Bison</li> <li>• Chicken</li> <li>• Eggs</li> <li>• Goat</li> <li>• Lamb</li> <li>• Pork</li> <li>• Seafood</li> <li>• Soybeans</li> <li>• Turkey</li> </ul> | <ul style="list-style-type: none"> <li>• Cheese</li> <li>• Milk</li> <li>• Yogurt</li> </ul> |

**Additional Resources**

- USDA National School Lunch Program, <https://www.fns.usda.gov/nslp>
- USDA Food Buying Guide, <https://foodbuyingguide.fns.usda.gov/>
- USDA Whole Grain Resource for the National School Lunch and School Breakfast Programs, [www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf](http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf)
- North Carolina Department of Instruction, School Nutrition Services, <https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>
- North Carolina Department of Public Instruction, Career and Technical Education, <https://www.dpi.nc.gov/districts-schools/classroom-resources/career-and-technical-education>
- North Carolina Department of Agriculture & Consumer Services, [www.ncagr.gov](http://www.ncagr.gov)
- North Carolina Farm to School Program, [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com)
- Farm to School Coalition of North Carolina, [www.farmtoschoolcoalitionnc.org](http://www.farmtoschoolcoalitionnc.org)

## North Carolina Jr. Chef Competition - Recipe Example

The following recipe is provided as an example for teams to follow. The recipe from South Education Center Alternative School, Richfield, Minnesota was the Grand Prize Winner from the USDA, Food and Nutrition Service *Recipes for Healthy Kids* Competition. *Source: Recipes for Healthy Kids Cookbook for Homes, USDA Team Nutrition*

| Recipe Info           | Details   |
|-----------------------|---|
| Menu Item             | Porcupine Sliders   |
| Number of Portions    | 6   |
| Portion Size          | 1 slider  |
| Preparation Time      | 30 minutes  |
| Cooking Time          | 1 hour 20 minutes   |
| Nutrients per Serving | Calories 247, Protein 16 g, Carbohydrate 26 g, Total Fat 9 g, Saturated Fat 2 g, Sodium 366 mg<br>1 slider provides 2 oz equivalent Meat/Meat Alternate and 1 oz equivalent Grain |

### Recipe Ingredients

| Item                                 | Amount           |
|--------------------------------------|------------------|
| Brown rice, long-grain, regular, dry | 1/8 cup          |
| Canola oil                           | 1 tsp            |
| Fresh onion, peeled, diced           | 1 ½ Tbsp         |
| Fresh celery, diced                  | ¼ cup            |
| Fresh garlic, minced                 | 1 ½ tsp          |
| Raw ground turkey, lean              | 1 lb             |
| Egg, beaten                          | 1                |
| Dried cranberries, chopped           | 5 Tbsp           |
| Fresh baby spinach, chopped          | ¾ cup            |
| Worcestershire sauce                 | 1 tsp            |
| Salt                                 | ½ tsp            |
| Ground black pepper                  | ½ tsp            |
| Ground white pepper                  | 1/8 tsp          |
| Mini whole wheat rolls               | 6 (1 ounce each) |

### Recipe Directions

1. Preheat oven to 350°F.
2. Combine brown rice and ½ cup water in a small pot and bring to a boil. Turn heat down to low. Cover and cook until water is absorbed, about 30-40 minutes. Fluff with a fork. Cover and refrigerate until completely cooled.
3. Heat canola oil in a small skillet. Add onions, celery, and garlic. Cook over medium heat for 5 minutes or until tender. Remove from heat. Cover and refrigerate until completely cooled.
4. In a medium mixing bowl, combine turkey, egg, cranberries, spinach, Worcestershire sauce, salt, peppers, brown rice, and sautéed vegetables. Mix well. Shape into 6 patties.
5. Line a large baking sheet with parchment paper and lightly coat with nonstick cooking spray. Place patties evenly spaced on baking sheet.
6. Bake uncovered for 20-25 minutes at 350°F to an internal temperature of 165°F or higher for at least 15 seconds (use a food thermometer to check the internal temperature). Do not overcook.
7. Remove from oven and serve on a mini whole wheat roll. Serve immediately.

### Recipe Cost

| Ingredient                     | Purchase Unit      | Purchase cost | Unit cost                                       | Amount Needed | Ingredient Cost |
|--------------------------------|--------------------|---------------|---|---------------|-----------------|
| Brown rice, long grain         | 32 oz              | 1.99          | \$0.362 / cup                                   | 1/8 cup       | \$0.045         |
| Canola oil                     | 48 oz / 6 c        | \$3.29        | \$0.548 / cup                                   | 1 tsp         | \$0.011         |
| Onion, diced                   | 3 lb / 12 cup      | \$1.29        | \$0.107 / cup                                   | 1 ½ Tbsp      | \$0.010         |
| Celery, diced                  | 1 lb               | \$2.49        | \$0.809 / cup                                   | ¼ cup         | \$0.202         |
| Garlic, minced                 | 1 head / 12 cloves | \$0.50        | \$0.042 / .5 tsp<br>(.5 tsp / 1 clove)          | 1 ½ tsp       | \$0.125         |
| Raw ground turkey, lean        | 1 lb               | \$5.12        | \$5.12 / lb                                     | 1 lb          | \$5.12          |
| Egg, beaten                    | 1 dozen            | \$1.59        | \$0.132 / ea                                    | 1             | \$0.132         |
| Dried cranberries,<br>chopped  | 6 oz               | \$2.29        | \$0.382 / oz<br>(10 g / Tbsp)                   | 5 Tbsp        | \$0.682         |
| Fresh baby spinach,<br>chopped | 8 oz               | \$2.29        | \$.286 / oz or cup                              | ¾ cup         | \$0.215         |
| Worcestershire sauce           | 10 fl oz           | \$0.99        | \$0.099 / fl oz<br>(0.169 fl oz / tsp)          | 1 tsp         | \$0.017         |
| Salt                           | 26 oz              | \$0.39        | \$0.015 / oz<br>(6 g / tsp)<br>\$0.003 / tsp    | ½ tsp         | \$0.001         |
| Ground black pepper            | 4 oz               | \$2.79        | \$0.697 / oz<br>(2.8 g / tsp)<br>\$0.0697 / tsp | ½ tsp         | \$0.035         |
| Ground white pepper            | 1 oz               | \$3.99        | \$3.99 / oz<br>(2.8 g / tsp)<br>\$0.399 / tsp   | 1/8 tsp       | \$0.050         |
| Mini whole wheat rolls         | 12 rolls/1 doz     | \$3.29        | \$0.274 / ea                                    | 6             | \$1.645         |

|                          |         |
|--------------------------|---------|
| <b>Total Recipe Cost</b> | \$8.290 |
| <b>Portion Cost</b>      | \$1.382 |



## **CONDITIONS OF PARTICIPATION/RELEASES:**

1. By submitting an entry, your team and advisor(s) agree to the contest conditions. All material submitted as part of entries will become the property of the Jr. Chef Competition and will not be returned. Jr. Chef Competition Sponsors reserve the right to publish and share the material without compensation to the students. Photos and video will be taken during the Jr. Chef Competition cook-off. Team members and advisors must understand that their name, school name, recipe, other materials submitted as part of the competition entry, and photos, videos and/or quotes from the cook-off may be posted online and shared through outreach in connection with the Jr. Chef Competition.
2. The Jr. Chef Competition is void where prohibited or restricted by law. All federal, state, and local laws and regulations apply. Organizers/Sponsors reserve the right to change these Jr. Chef Competition rules at any time. Notice shall be given to team members at the e-mail address shown on the entry form. By participating, teams agree to be bound by these official guidelines and the decisions of the Jr. Chef Competition Organizers/Sponsors, which shall be final in all respects. All team members must submit a completed and signed parental permission and release form to participate. By participating in this Jr. Chef Competition and/or by accepting any prize that they may win, team members/teams agree to release the Jr. Chef Competition Organizers/Sponsors; their parent, subsidiary and affiliated companies, units and divisions and advertising and promotional agencies and prize suppliers; each of their respective officers, directors, agents, representatives and employees; and each of these companies and individuals' respective successors, representatives and assigns (collectively, the "Released Parties") from any and all actions, claims, injury, loss or damage arising in any manner, directly or indirectly, from participation in this Jr. Chef Competition and/or acceptance or use of the prize. Entrants authorize the Released Parties to use their name, voice, likeness, biographical data, city and state of residence and entry materials in programming or promotional material, worldwide in perpetuity, or on a winner's list, if applicable, without further compensation unless prohibited by law. The Released Parties shall not be liable for: (i) late, lost, delayed, stolen, misdirected, postage-due, incomplete, unreadable, inaccurate, garbled or unintelligible entries, communications or affidavits, regardless of the method of transmission; (ii) telephone system, telephone or computer hardware, software or other technical or computer malfunctions, lost connections, disconnections, delays or transmission errors; (iii) data corruption, theft, destruction, unauthorized access to or alteration of entry or other materials; (iv) any injuries, losses or damages of any kind caused by the prize or resulting from acceptance, possession or use of a prize, or from participation in the Jr. Chef Competition; or (v) any printing, typographical, administrative or technological errors in any materials associated with the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors disclaim any liability for damage to any computer system resulting from participating in, or accessing or downloading information in connection with this Jr. Chef Competition, and reserve the right, in their sole discretion, to cancel, modify or suspend the Jr. Chef Competition should a virus, bug, computer problem, unauthorized intervention or other causes beyond Sponsors' control, corrupt the administration, security or proper play of the Jr. Chef Competition. Jr. Chef Competition Organizers/Sponsors may prohibit you and your team from participating in the Jr. Chef Competition or winning a prize if, in their sole discretion, they determine you or your team are attempting to undermine the legitimate operation of the Jr. Chef Competition by cheating, hacking, deception, or any other unfair playing practices of intending to annoy, abuse, threaten or harass any other players or Jr. Chef Competition Organizer/Sponsor representatives.
3. This institution is an equal opportunity provider. In accordance with federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, this institution is prohibited from discriminating on the basis of race, color, national origin, sex (including gender identity and sexual orientation), disability, age, or reprisal or retaliation for prior civil rights activity. Program information may be made available in languages other than English. Persons with disabilities who require alternative means of communication to obtain program information (e.g., Braille, large print, audiotape, American Sign Language), should contact the responsible state or local agency that administers the program or USDA's TARGET Center at (202) 720-2600 (voice and TTY) or contact USDA through the Federal Relay Service at (800) 877-8339. To file a program discrimination complaint, a Complainant should complete a Form AD-3027, USDA Program Discrimination Complaint Form which can be obtained online, from any USDA office, by calling (866) 632-9992, or by writing a letter addressed to USDA. The letter must contain the complainant's name, address, telephone number, and a written description of the alleged discriminatory action in sufficient detail to inform the Assistant Secretary for Civil Rights (ASCR) about the nature and date of an alleged civil rights violation. The completed AD-3027 form or letter must be submitted to USDA by: (1) mail: U.S. Department of Agriculture Office of the Assistant Secretary for Civil Rights, 1400 Independence Avenue, SW Washington, D.C. 20250-9410; (2) (833) 256-1665 or (202) 690-7442; or (3) email: [program.intake@usda.gov](mailto:program.intake@usda.gov).