



- North Carolina is excited to be hosting our 6th NC Jr. Chef Competition.

## Why have a NC Jr. Chef Competition?

- Inspire the next generation of culinary professionals
- Stimulate interest in locally produced agriculture
- Create new school meal recipes
- Increase participation in School Nutrition Programs
- Provide nutrition education
- Encourage healthy eating habits



NC Jr. Chef Competition

- You may be thinking – why have a Jr. Chef Competition? The intent of the competition is to inspire the next generation of culinary professionals, stimulate interest in locally produced agriculture, create new school meal recipes students will enjoy, increase participation in School Nutrition Programs, provide nutrition education, and encourage healthy eating habits.

## What is the NC Jr. Chef Competition?

- 2 parts to NCJCC:
  - Recipe contest
  - Cook-off
- Recognizes students for ability to work as a team
- Allows students to demonstrate skills in recipe development, food preparation, marketing, presenting and organization



NC Jr. Chef Competition

- The Jr. Chef Competition recognizes 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 NC Jr. Chef Competition consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe for a school lunch entrée** that meets the guidelines to submit for the recipe contest. For the cook-off, finalist teams must **prepare, cook, plate and present their recipe** for judges.
- 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.

## Who is Eligible to Participate?

- Teams of 2-4 high school students
  - Enrolled in NC public school that participates in the National School Lunch Program (NSLP)
- Students may only be on 1 team
- Only 1 team allowed from each high school
- Teams 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
- Each team is allowed but not required to have a Team Coach (i.e., School Nutrition professional, Ag or Family and Consumer Sciences teacher, Cooperative Extension Agent, Chef, Farmer, etc.)

NC Jr. Chef Competition

- Who is eligible?
- 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 NC Jr. Chef Competition.
- Students may only be on one team. Only one team is allowed from each high school.
- 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.

## Are Awards Available?

### Sullivan University Scholarships

- State Finals - NC Jr. Chef Competition
  - 1<sup>st</sup> - \$10,000 scholarship for each student team member
  - 2<sup>nd</sup> - \$6,000 scholarship for each student team member
  - 3<sup>rd</sup> - \$3,000 scholarship for each student team member
- Southeast Jr. Chef Competition
  - 1<sup>st</sup> - \$10,000 scholarship for each student team member
  - 2<sup>nd</sup> - \$8,000 scholarship for each student team member
  - 3<sup>rd</sup> - \$5,000 scholarship for each student team member

NC Jr. Chef Competition

- Are there any awards or recognition available? Yes!
- Student members of the teams will receive NC Jr. Chef Competition chef's hats, coats and aprons along with certificates and medals based on their team score. The first, second and third place teams will receive plaques to display in their school. In addition, the first place team will have the honor of hosting the NC Jr. Chef Competition trophy until the next year's cook-off.
- Sullivan University in Kentucky is generously offering the scholarships you see listed on the screen for the top three teams at the state and regional level.

### When are Important Dates to Take Action?

- 2/3 - Turn in Submission Form with Application & Recipe, Recipe Photo & Permission and Release Forms
- 2/20 - Look for a finalist notification by email
- 3/10 - Finalist teams submit final Applications, Recipes, Recipe Photos, Time Management Plan and Video of team recipe prep
- 3/28 or 29 - Teams participate in live interviews with judges
- 3/30 - Teams participate in virtual recognition ceremony, competition results will be announced

NC Jr. Chef Competition

- So to be a part of the 2022-23 NC Jr. Chef Competition, what are important dates you need to remember and actions you need to take?
  - Today – If you have not done so already, review the NC Jr. Chef Competition guidelines and plan to participate.
  - 2/3 - Turn in a Submission Form your team. We'll share more about the submission form in a minute.
  - 2/20 - Look for a notification by email to see if your team has been selected as a finalist.
  - 3/10 – Finalist teams must turn in an updated/final Submission Form.
  - 3/28 or 29 – Teams will be scheduled to participate in a live virtual interview with the judges.
  - 3/30 – There will be a live virtual ceremony to recognize all the finalist teams and announce the results of the competition. The competition results will be officially announced by NCDPI through a press release and social media.

The NC Jr. Chef Competition first place team advances to the Southeast Jr. Chef Competition which will be held May 11-12 at Sullivan University in Kentucky.

## What should be submitted? – Recipe Contest

- Submission Form
  - Provide Adult Team Supervisor, Principal, School Nutrition Administrator, and School Contact Info
  - Answer questions about viewing 4 required videos – School Nutrition, Farm to School, NC Agricultural Products & Commodities, and Food Safety
  - Upload Application
  - Upload Recipe Photo
  - Upload Permission Forms

### NC Jr. Chef Competition Submission Form

NC Jr. Chef teams must complete this form by February 5, 2025 for the recipe contest phase of the competition. It is important you have reviewed the competition guidelines published before completing the form.

Competition guidelines, application and forms can be found at <https://www.dhs.nc.gov/dhs/nc-schools/dhs/nc-operations/school-nutrition/nc-jr-chef-competition>

NOTE: Team scoring will be based on whether teams have completed all required steps in the application process and a complete application with all required elements has been submitted.

If you have questions about completing and submitting the Submission Form, application or other required documentation, please send them to Tracy Bales, [tracy.bales@ncdhs.gov](mailto:tracy.bales@ncdhs.gov) or Tracie Turner, [tracie.turner@ncdhs.gov](mailto:tracie.turner@ncdhs.gov)

NC Jr. Chef Competition

- For the recipe contest, each team must submit an online Submission Form. Through the form, you will provide team contact info, answer related questions about steps taken in preparation for the competition and upload your application with recipe, recipe photo and permission forms. The online form will allow for everything to be housed in one location given the virtual format.
- Also, teams will be required to watch a series of educational videos on School Nutrition, Farm to School, NC Agricultural Products, and Kitchen and Food Safety. The videos are intended to enhance the learning opportunity for students provided through the competition.

## What is Included in the Application?

- Team Name
- School Name, Address and Phone
- Principal Name, Signature, Contact Info
- School Nutrition Administrator Name, Signature and Contact Info
- Adult Team Supervisor Contact Info
- Recipe Ingredients and Directions
- Nutrient Analysis
- Cost Analysis



NC Jr. Chef Competition

- As in previous years, teams will turn in a completed application, which will be uploaded as part of the Submission Form. Through the application teams share contact info, approval signatures, their recipe with ingredients and directions, nutrient analysis and costing.
- Follow your school and local education agency (LEA) procedures for approval to participate in the NC Jr. Chef Competition. A signature is required from your school's principal and may be needed from an LEA administrator. It is encouraged that you consult with your School Nutrition director and request that s/he signs off on your application to attest that they have reviewed and provided input on your team recipe. You may upload a scanned signature page with the submission form. Or you may insert electronic signatures into the application.



## What are the Recipe Requirements?

- Entrée for school lunch (6 svgs)
- Meet NSLP nutrition standards
- Have 2 NC grown ingredients
- Include at least 1 of the following: sweetpotatoes, winter squash, dark leafy greens, cabbage, legumes/beans and peas, or wheat
- Include 1 USDA Foods item
- No raw milk, eggs, meat, poultry or seafood served
- Not contain nuts
- Be replicable by School Nutrition
- Be student taste tested/approved
- Take no more than 90 min



NC Jr. Chef Competition

- Teams must develop a lunch entrée recipe (yield of 6 servings) that meets USDA requirements and includes at least 2 North Carolina grown ingredients and 1 USDA Food item. A list of example NC grown ingredients is provided in the guidelines. A link to the most current USDA Foods list is also provided.
- 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.
- No raw milk, eggs, meat, poultry or seafood should be served for consumption.
- **Even though many come from/are grown in NC, dishes must not contain nuts or nut products.**
- Teams are encouraged to reach out to their local School Nutrition Program. A School Nutrition director, administrator and/or manager can assist in providing guidance to teams on meeting the nutrition requirements and having their recipes be replicable for school meals.
- Students should aim to create a dish that they and their peers would like. Given this, teams should conduct at least one taste test of their recipe. They should be able to incorporate the feedback into their recipe and share the results of the taste test as part of their presentation to the evaluators.
- **Dishes should take no longer than 90 minutes to prepare, cook and plate.**
- Reviewers and evaluators will check recipes for use of 2 local ingredients and 1 USDA Food item along with adherence to School Nutrition Program requirements and NC Jr. Chef Competition guidelines. The competition committee reserves the right, upon review, to reject recipes or ask for adjustment.

## Entrée Recipe Nutrition Requirements

- Entree:

- meat/meat alternate + whole grain-rich food;
- vegetable + meat/meat alternate;
- fruit + meat/meat alternate; and a
- meat/meat alternate alone

Nutrient	Entree
Calories	≤350 calories
Sodium	≤480 mg
Total Fat	≤35% of calories
Saturated Fat	<10% of calories
Trans Fat	0
Sugar	≤35% by weight

NC Jr. Chef Competition

- School lunch entrées can be sold as part of a complete reimbursable meal or a la carte. Given this, entrée recipes created by students should meet USDA Smart Snacks in School Nutrition Standards. Per these criteria, 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.
- Additional nutrition standards are shown in the table on the screen.


## Nutrient Analysis

- Team Name
- Recipe Name
- Ingredients
- Amount Used in Recipe
- Unit/Measure
- Calories for Amount Used in Recipe
- Grams of Total Fat Amount Used in Recipe
- Milligrams of Sodium Amount Used in Recipe



NC Jr. Chef Competition

- The application nutrient analysis tab or page can help you in calculating the calories, fat, saturated fat, and sodium for your recipe. The ingredients, amount used in the recipe, and unit/measure should automatically populate based on your ingredients entered on the Application sheet.
- Please keep in mind that all ingredients, including condiments, contributes to the nutrient analysis. Please make sure that you provide complete and accurate information. Missing, incomplete or inaccurate info could impact team scoring.

Cost Analysis	
<ul style="list-style-type: none"> <li>▪ Team Name</li> <li>▪ Recipe Name</li> <li>▪ Portion Yield</li> <li>▪ Portion Size</li> <li>▪ Ingredients</li> <li>▪ Purchase Unit</li> <li>▪ Purchase Cost</li> <li>▪ Unit Cost</li> <li>▪ Amount Needed</li> <li>▪ Ingredient Cost</li> </ul>	
NC Jr. Chef Competition	

- For the Cost Analysis page, please make sure the team name, recipe name, number of portions/servings the recipe yields and the portion size are entered. Make sure the ingredients and amount listed are entered. Note this information should populate from the Application page. Enter the purchase unit for the ingredients and purchase cost, the unit cost (which is the cost/unit measure) and the ingredient cost will be calculated for you. The total recipe cost will add up at the bottom of the column. The cost per portion or serving will be calculated based on the number of portions or servings entered above.

## Permission and Release Forms

- Student Name
- School Name
- Grade
- Student Address, Email and Mobile Phone
- Parent/Guardian Name, Contact Info and Signature
- Emergency Contact Name, Relationship to Student and Contact Info



NC Jr. Chef Competition

- A completed and signed Parental Permission and Release Form must be submitted for each student team member. Please make sure that all blanks are completed on the form, especially contact info and the signatures in two places – permission to participate and the media release.
- The form grants permission for students to compete in both the state and regional competition. The media release is also for both competitions.

## What are the Recipe Review Criteria?

- Submission form with required elements on time and complete
- Principal/School Administrator Signature
- School Nutrition Administrator Signature
- Completed and Signed Permission Forms
- Recipe Photo
- Overall Recipe
- NC Ingredients
- USDA Foods
- Nutrient Analysis
- Cost Analysis



NC Jr. Chef Competition

- The Recipe Review Panel will review the Submission Forms, Applications with Recipes, and Recipe Photos from the teams.
- The scoring rubric addresses whether everything was submitted on time and complete, the quality of the recipe photo and the quality of the overall recipe.
- The Recipe Review Panel will score each teams entry and confer to select up to 8 finalist teams.

## What should be submitted? – Cook-off

- Submission Form
  - Provide Teacher, Principal, School Nutrition Administrator and School Contact Info
  - Answer questions about viewing required videos – NCJCC Guidelines, School Nutrition, Farm to School, NC Agricultural Products & Commodities, and Food Safety
  - Upload Application
  - Upload Recipe Photo
  - Upload Permission Forms
  - Upload Work Plan
  - Provide link to unedited video of the team preparing and plating recipe

NC Jr. Chef Competition

- Finalist teams will receive feedback from the recipe review panel. Teams can choose to update their applications, recipes and recipe photos based on that feedback.
- Each finalist team must update their online Submission Form for the cook-off phase. They will upload any updated applications with recipes and recipe photos. They will also upload their work plan and provide a link to an unedited video of the team preparing and plating their recipe.
- Since we will not be able to be together in person for this year's cook-off, we are conducting the cook-off virtually as this is an important part of the competition.
- The video recording of teams preparing and plating their dishes should be done in one take (no editing, starting over, etc.) and should show the work surfaces in its 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. 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.

## How will the live interviews work?

- Teams have 5 minutes to present their recipe
- Judges can ask teams about their recipes
- Judges will have time to provide feedback to the teams



NC Jr. Chef Competition

- As with the in-person cook-off, we will schedule teams time to present their recipes to our panel of evaluators virtually.
- Teams have 5 minutes to share about how they created, prepared and plated their recipes. Evaluators can ask the teams questions.
- Afterwards, evaluators can provide feedback to the teams on items they did well with and things they could improve upon for the future.
- After reviewing the applications, recipes, recipe photos, time management plans and videos, evaluators will score the teams and confer with each other to decide on team medals and placement.



[illegible]

- [illegible]

[illegible]

- [illegible]

## Taste Tests

- Plan ahead
- Prepare enough samples
- Follow food safety protocols
- Promote the taste test
- Share ingredient info
- Utilize a method for collecting and analyzing feedback
- Be ready to share your results with the competition evaluators during the interview

Tell us what you think of the following item!		
Do you like ...	LIKE	DISLIKE
The LOOK of the item?		
The SMELL of the item?		
The TEXTURE of the item?		
The TASTE of the item?		
Would you like to have this item again?		

NC Jr. Chef Competition

- The N.C. Jr. Chef Competition is incorporated into a Team Nutrition Training Grant the N.C. Department of Public Instruction recently received from the U.S. Department of Agriculture. As part of the Cultivating Culinary Creativity grant project, NCDPI will work with NC Jr. Chef teams and their local School Nutrition Programs to develop standardized recipes for school meals.
- As part of the competition, N.C. Jr. Chef teams will create and conduct the initial taste test of the recipes. NCDPI will scale up, standardize and verify the recipe yield for the finalist teams recipes and work with the local School Nutrition Programs and NC Jr. Chef teams to conduct an additional taste test before finalizing the recipes to be menued for school meals.
- Teams will share the results of their taste test as part of their presentation to the evaluators during the live interviews for the cook-off.
- In conducting taste tests, there are some helpful guidance teams can use:
- Plan ahead. Teams may conduct one or multiple taste tests of their recipe. They may conduct taste tests with just their class, a sampling of students from several classes or most of the school. In reaching most of the school, they may aim to conduct taste tests during school lunch. Jr. Chefs should coordinate with their teacher and their School Nutrition Manager at their school.
- Make sure that you have enough to provide adequate samples for the number of students participating in the taste test.
- Follow food safety protocols in preparing and serving your recipe for the taste test.
- To prevent passing COVID-19, flu or other illnesses, best practice would be to prepare samples in advance to distribute in covered sample cup containers. Provide pre-packaged silverware.
- Promote your taste test opportunity in advance. Encourage participation.
- Ensure students are aware of the ingredients in your recipe in case of any allergies.
- Utilize a method to collect and analyze the feedback from taste test. For example, you can use a short paper or online survey form to ask students for their thoughts on the look, smell, taste and texture of the dish. Ask if they would like to have the dish again and if they have suggestions for improvement. If a students simply reports that they do not like the dish, then try to glean more by asking what they did not like and how they would suggest improving the dish to collect constructive feedback.
- Some taste testing resources are provided in the competition guidelines.

Tips for Teams	
<ul style="list-style-type: none"> <li>▪ Plan early to enter the competition/submit on time</li> <li>▪ Read the guidelines/FAQs</li> <li>▪ Watch the videos</li> <li>▪ Collaborate/Utilize expertise</li> <li>▪ Identify USDA Foods and local ingredients correctly</li> </ul>	<ul style="list-style-type: none"> <li>▪ Check your application before submission</li> <li>▪ Get permissions</li> <li>▪ Practice/Take care with food safety</li> <li>▪ Know about school meals and farm to school</li> <li>▪ Celebrate your accomplishments</li> </ul>
NC Jr. Chef Competition	

- Plan early to enter the competition.
- Submit forms and required elements on time, if not early. It never fails that when you wait until the last day and hour technical difficulties will occur with email, files, scanners for permission forms, etc.
- Read the guidelines, application and other materials thoroughly.
- Watch the education videos.
- Please encourage and support collaboration. It is not an easy task to plan meals that meet school nutrition regulations. Creating recipes that meet these requirements, are replicable and economical for School Nutrition Programs is a difficult task. Teams need the expertise of School Nutrition professionals to help meet the competition requirements. Teams create a recipe for an entrée but should think about how it fits into a complete reimbursable school meal.
- We provide a list of NC grown ingredients and a link to the current list of USDA Foods but we always have applications that have mislabeled these items. Please ensure correct labelling.
- Please check your application before submission to make sure that everything is complete, accurate and clear.
- Check in with the appropriate school administrators on the process for obtaining permission to participate in the competition. We do not want any teams selected to compete in the cook-off or other related events to be denied the ability to participate.
- Once selected as a finalist, teams should be sure to practice. It helps them to be prepared and less stressed for the cook-off.
- Please take care with food safety. There is at least one judge at the cook-off that is focusing on food safety techniques. – hand washing, proper glove use, separation of raw meat and poultry from other foods, temperatures, etc.
- Help students learn about school meals and farm to school. Evaluators will ask questions to see how much students know and understand about School Nutrition Programs and farm to school.
- All steps in the process of participating in the NC Jr. Chef Competition are accomplishments. Please help teams celebrate those accomplishments.

## Resources

- Your School Nutrition Program
- NCDPI, School Nutrition Services – <https://www.dpi.nc.gov/districts-schools/district-operations/school-nutrition>
- Food Buying Guide - <https://foodbuyingguide.fns.usda.gov/>
- FoodData Central - <https://fdc.nal.usda.gov/>
- Whole Grain Resources - [www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf](http://www.fns.usda.gov/sites/default/files/WholeGrainResource.pdf)
- USDA Foods List - <https://www.fns.usda.gov/usda-fis/usda-foods-available>
- Got to Be NC - [www.gottobenc.com](http://www.gottobenc.com)
- NC Farm to School Program – [www.ncfarmtoschool.com](http://www.ncfarmtoschool.com)

NC Jr. Chef Competition

- A number of resources are available to assist teams. You see several listed on the screen. These are all included in the competition guidelines.



## Questions

Please direct questions to 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)



Sope – Apex High, Wake County

Teriyaki Sunset – Monroe High, Union County

Shredded Chicken Tacos – Swain County High

Lasagna Wrap-ups – Ashe County High

Lasagna Roll-Ups with Creamy Balsamic Vinaigrette  
Simple Salad – Parkwood High, Union County



## 2021 NC Jr. Chef Competition

Clyde A. Erwin High (Buncombe County Schools)



Apex High (Wake County Public Schools)



Holly Grapes, Shrimp, Muffin

2021 NC Jr. Chef Competition

Mediterranean Chicken Grain Bowl

2021 NC Jr. Chef Competition

Swain County High



East Chapel Hill High (Chapel Hill-Carrboro City Schools)



Shrimp & Pie with Sweet Potato Mash

2021 NC Jr. Chef Competition

Spiced Chicken Taco Salad with Citrus Crema

2021 NC Jr. Chef Competition

## 2020 NC Jr. Chef Competition













## Southeast Jr. Chef Competition



## Nondiscrimination Statement

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).

This institution is an equal opportunity provider.

NC Jr. Chef Competition