



Wisconsin Team Nutrition (WI TN) is excited to announce the seventh annual Whipping Up Wellness, Wisconsin Student Chef Competition. Teams will compete to develop a nutritious, student-friendly recipe that can easily be incorporated into the school food service program and used at home. Students will gain hands-on cooking experience that will give them the knowledge and skills necessary to prepare healthy meals. The competition consists of a Recipe Contest and a Cooking Competition.

Recipe Contest

In the first round, teams will be asked to submit a completed contest application with nutritional analysis and a photograph of their dish. Recipes should be developed by the students with an adult team supervisor. Recipes will be judged on incorporation of a red/orange vegetable, nutritional quality, use of culinary skills, ease of use by school food service, recipe presentation, recipe description, and creativity. Qualifying recipes may be included in the sixth annual student chef cookbook.

Team Formation

- The team must consist of three to five students in grades 6-12. **Students must attend a school that participates in the National School Lunch Program.**
- The team must also have one adult team supervisor that may be a school employee or parent/guardian. The adult team supervisor will be the primary contact between the Department of Public Instruction and their team. In addition, the adult team supervisor should provide the team with culinary guidance, teach food safety techniques, assist with the nutritional analysis, and help meet contest deadlines.
- The adult team supervisor must be present at the Cooking Competition but may only provide guidance on cooking techniques and food safety at the Cooking Competition.

Application Process

- The completed application and photograph of the dish must be submitted **electronically** to the Wisconsin Department of Public Instruction by **March 15, 2019**. Entries may be submitted via email to DPFNSTeamNutrition@dpi.wi.gov or as a shared Google Doc.
- All team members must complete the [electronic student questionnaire](#) in addition to the entry form to be considered for the competition.
- The team must submit an **original** recipe. See the "Helpful Hints" handout available at the [Whipping Up Wellness website](#) for more information about developing an original recipe.
- The team/school must supply the ingredients for developing the Recipe Contest dish.
- The team should consider the Cooking Competition criteria as they develop their recipe.

Recipe Requirements

- The recipe must serve six to eight people.
- The recipe should NOT be a smoothie or dessert. Smoothies will not be eligible for the cooking competition and will not be considered for inclusion into the cookbook.
- The recipe must include at least one cooking step.
- If the recipe contains grains (e.g., flour, pasta, rice) all grains must be whole grain-rich. The use of non-whole grain-rich ingredients is permissible when used in small amounts (e.g., flour as a thickening agent, bread crumbs as a garnish).

- The recipe must include at least one red/orange vegetable from the list below.
 - Carrot
 - Pumpkin
 - Red Bell Pepper
 - Sweet Potato
 - Tomato (including sauce or juice)
 - Winter Squash (e.g., acorn, butternut, Hubbard)

Additional Recipe Considerations

- Student teams may include fresh, frozen, or pre-cooked meat, fish, and poultry products in their dish. Teams using these products are expected to follow appropriate food safety procedures. For information related to safe minimum cooking temperatures and preventing cross-contamination, please visit FoodSafety.gov. Raw meat **may not** be served for consumption.
- Student teams are encouraged to develop recipes that contain less than 10 percent of calories from saturated fat and 480mg of sodium per serving.
- Student teams should consider incorporating a Wisconsin grown or produced ingredient in their recipe. Refer to the Wisconsin Foods List available at the [Whipping Up Wellness website](http://WhippingUpWellness.com).

Recipe Contest Judging Criteria

The Recipe Contest will be scored on nutritional content, recipe presentation, creativity, school food service reproducibility, and culinary skills utilized. Additional judging criteria that will be used include affordability and use of a Wisconsin produced ingredient.

Nutritional Content: A nutrient analysis must be completed and submitted with the application. Teams must use the recipe analyzer tool included in the application. Teams are encouraged to use nutrition facts labels when completing the analysis. If labels are not available, teams may use other sources that provide nutritional information, such as the [USDA Food Composition Database](http://USDA.gov). A list of commonly used ingredients is included in the application.

Recipe Presentation: The recipe will be judged on its description (included on the Application Form) and the photograph of the dish. Recipe descriptions should include the taste, texture, and appearance of the dish. It is recommended that you use descriptive words such as colorful, crisp, hearty, spicy, etc. The [Smarter Lunchroom Sensory Word](http://SmarterLunchroom.com) handout has more descriptive word ideas. See the “Helpful Hints” handout available at the [Whipping Up Wellness website](http://WhippingUpWellness.com) for more information about food photography.

Creativity: Recipes will be judged on innovative use of ingredients, including creative flavor combinations.

School Food Service Reproducibility: Recipes should be developed that could easily be modified for school food service. Scoring will take into consideration student acceptability, ease of preparation, number and types of ingredients, cooking time, and recipe cost.

Culinary Skills: Recipes will be judged on culinary techniques, such as knife skills executed (e.g., chopping, dicing, mincing) and cooking methods utilized (e.g., baking, roasting, sautéing).

Cooking Competition

In the second round, the top five finalists from the Recipe Contest will be invited to prepare their recipe at a Cooking Competition at the Madison Area Technical College – Truax Campus on

Thursday, May 16, 2019. The finalists will receive a banner to display at their school and recognition on the Wisconsin Department of Public Instruction website. More than one team per school may enter the Recipe Contest, however only one team per school district will be invited to the Cooking Competition.

The five finalist schools will receive travel reimbursement for one vehicle to and from the Cooking Competition. Additionally, reimbursement of up to \$300 will be available for the purchase of ingredients to adjust, perfect, and test their recipes. Once recipes are perfected, teams must adjust their recipe to yield 48-50 servings, prepare this adjusted recipe, and conduct a taste test with their classmates. The adjusted recipe may be slightly different than the submitted recipe to allow for better use within quantity foodservice operations. The adjusted recipes will be provided to Wisconsin food service directors for use in school meals. A completed reimbursement form and receipts are required to be submitted. The Department of Public Instruction will only be able to reimburse the school/district for costs incurred.

Cooking Competition Requirements

- The teams must prepare, cook, and plate their recipe (yield of six to eight servings) in less than two hours. Ingredients will be provided and no food preparation may be done in advance.
- The teams must plate six completed servings of their dish.
- The teams must give the judging 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, and the student taste test results.

Equipment

The Cooking Competition will take place at a cooking lab facility at Madison Area Technical College – Truax Campus. At the Cooking Competition, teams will be responsible for cleaning their station, including equipment and returning items to their proper place. **Teams may not bring their own utensils or equipment to use at the competition.** Each team will be provided with:

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| • Aprons and hairnets | • Knives | • Slotted spoons |
| • Baking pans/sheets | • Measuring cups | • Spatulas |
| • Cutting boards | • Measuring spoons | • Strainers |
| • Disposable gloves | • Mixing bowls | • Thermometers |
| • Electric hand mixer | • Rolling pin | • Tongs |
| • Food processor | • Saucepans | • Vegetable peelers |
| • Frying pans | • Scales | • Whisks |

Additional equipment may be available upon request.

Cooking Competition Judging Criteria

The dishes will be evaluated by a panel of judges based on the following criteria.

Overall Appeal: The dish will be judged on creativity, student appeal, use of local foods, and school food service reproducibility.

Appearance and Execution: The dish will be judged on color/plate appeal, aroma, and cooking quality.

Taste: The dish will be judged on the use of flavors, variety of textures, and serving temperature.

Presentation: Presentations should be 10 minutes in length and will be scored on thoroughness of dish introduction and ability to answer judge questions. Teams should discuss development of dish, nutritional content, results of student taste tests, and interaction with school food service staff (if applicable).

Contact

Please contact Alicia Dill at alicia.dill@dpi.wi.gov or (608) 266-2741 or Kelly Williams at kelly.williams@dpi.wi.gov or (608) 267-9120 with questions regarding the competition.

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(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) fax: (202) 690-7442; or

(3) email: program.intake@usda.gov.

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