



Wisconsin Team Nutrition is excited to announce the tenth annual Whipping Up Wellness, Wisconsin Student Chef Competition. Students will compete to develop nutritious, student-friendly recipes featuring local foods and that can be incorporated into the school food service program. 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. If public health and safety guidelines allow, the cook-off competition will be held for the top five teams in May 2022.

Recipe Contest

Students 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 creativity, recipe presentation, use of Wisconsin agricultural products, school food service reproducibility, and level of application completion. Qualifying recipes will be included in the tenth annual student chef cookbook and may be submitted to the U.S. Department of Agriculture for inclusion in the national recipe database.

Team Formation

- Teams must consist of three to five students in grades six through twelve.
- If a virtual student is interested in participating, please contact Wisconsin Team Nutrition (DPIFNSTeamNutrition@dpi.wi.gov).
- Students that choose to participate must follow all school, local, and state COVID-19 guidelines.
- Students must attend a school that participates in the National School Lunch Program or Seamless Summer Option.
- Students must have one adult supervisor that may be a school employee or parent/guardian. The adult supervisor will be the primary contact between the Department of Public Instruction and their student. In addition, the adult supervisor should provide the team with culinary guidance, teach food safety techniques, assist with the nutritional analysis, and help meet contest deadlines. The adult supervisor should not assist with the development of the recipe.

Application Process

- Students are encouraged to view the [MyPlate for School Meals](#) video prior to developing their recipe.
- Students must submit an **original** recipe. See the [Helpful Hints](#) handout for more information about developing an original recipe.
- Students or the school must supply the ingredients for developing the recipe.
- The completed application and photograph of the dish must be submitted electronically to the Wisconsin Department of Public Instruction by **March 17**,

2022. Entries may be submitted via email to DPIFNSTeamNutrition@dpi.wi.gov or as a shared Google Doc.

Recipe Requirements

- The recipe must include at least one of the following Wisconsin agricultural products as the main ingredient in the recipe: broccoli, carrots, potatoes (all varieties except sweet), or winter squash. A main ingredient is defined as one of the top four ingredients in the recipe (by weight or volume).
- The recipe must serve four to eight people.
- The recipe must be either an entrée or a side dish. Submissions that include multiple dishes will be disqualified (e.g., entrée plus side dish).
- The recipe should NOT be a smoothie or dessert.
- 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).

Additional Recipe Considerations

- Students are encouraged to develop a recipe that contains less than 10 percent of calories from saturated fat and 480 mg of sodium per serving.
- Recipes can be planned for breakfast or lunch service.
- Students may include fresh, frozen, or pre-cooked meat, fish, and poultry products in their dish. Students using these products are expected to follow appropriate food safety procedures. Raw meat **may not** be served for consumption.

Student Resources

- Food safety information related to safe minimum cooking temperatures and preventing cross-contamination are available at [FoodSafety.gov](https://www.foodsafety.gov).
- The Georgia Department of Education has developed a [food safety video](#) for use with the Georgia Student Chef Competition. The video contains relevant information for the Wisconsin competition regarding personal hygiene, cross contamination, temperature control, and common mistakes.
- Proper knife skills are important for student safety. The [Knife Safety Demonstration](#) video, developed by the Edible School Yard, is a resource for students unfamiliar with knife-handling. The [NYT Cooking Basic Knife Skills](#) resource is available for students interested in reviewing proper cutting techniques.

Recipe Contest Judging Criteria

The recipe will be scored on creativity, recipe presentation, use of Wisconsin agricultural products, school food service reproducibility (including affordability), and level of application completion.

Creativity: The recipe will be judged on innovative use of ingredients and flavor combinations.

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 [Meal Appeal Sensory Word](#) handout has more descriptive word ideas. See the [Helpful Hints](#) handout for more information about food photography.

Wisconsin Agricultural Product: The recipe must include one of the following Wisconsin agricultural products as the main ingredient in the recipe: broccoli, carrots, potatoes (all varieties except sweet), or winter squash.

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

Application Completion: Reviewers will judge the application for inclusion of all ingredients, clear and concise instructions, appropriate serving size and yield, and completion of the nutritional analysis.

Contact

Please contact Wisconsin Team Nutrition at DPIFNSTeamNutrition@dpi.wi.gov with questions regarding the competition.

Non-Discrimination Statement

In accordance with Federal civil rights law and U.S. Department of Agriculture (USDA) civil rights regulations and policies, the USDA, its Agencies, offices, and employees, and institutions participating in or administering USDA programs are prohibited from discriminating based on race, color, national origin, sex, disability, age, or reprisal or retaliation for prior civil rights activity in any program or activity conducted or funded by USDA.

Persons with disabilities who require alternative means of communication for program information (e.g., Braille, large print, audiotape, American Sign Language, etc.), should contact the Agency (State or local) where they applied for benefits. Individuals who are deaf, hard of hearing or have speech disabilities may contact USDA through the Federal Relay Service at (800) 877-8339. Additionally, program information may be made available in languages other than English.

To file a program complaint of discrimination, complete the [USDA Program Discrimination Complaint Form](#), (AD-3027) found online at: [How to File a Complaint](#), and at any USDA office, or write a letter addressed to USDA and provide in the letter all of the information requested in the form. To request a copy of the complaint form, call (866) 632-9992. Submit your completed form or letter 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. fax: (202) 690-7442; or
3. email: program.intake@usda.gov.

This institution is an equal opportunity provider.