



**WHIPPING UP
WELLNESS**
Wisconsin Student Chef Competition



Wisconsin Team Nutrition (WI TN) and the Wisconsin Milk Marketing Board are excited to announce the fourth annual Whipping Up Wellness, Wisconsin Student Chef Competition. Teams will compete to develop a nutritious, student-friendly recipe that includes local foods and 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 their team leader supervising the recipe creation. Recipes will be judged on nutritional quality, incorporation of local ingredients, use of culinary skills, ease of use by school food service, recipe presentation, recipe description, and creativity. Qualifying recipes will be included in the fourth annual student chef cookbook.

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 University of Wisconsin-Madison on Thursday, May 19, 2016. Dishes will be judged on taste, student appeal, presentation, and creativity. The finalists will receive a banner to display at their school and recognition on the Wisconsin Department of Public Instruction website. Additionally, top teams will receive prizes provided by the Wisconsin Milk Marketing Board.

Note: 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.

Team Formation

- The team must consist of three to five students in grades 6-12.
- 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 **February 19, 2016**. Entries may be submitted via email to DPIFNSTeamNutrition@dpi.wi.gov or by sharing as a GoogleDoc.
- The team must use 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 dessert item, including, but not limited to, cakes, cookies, pies, candies, ice cream, or brownies.
- 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 recipe must include at least one Wisconsin-produced ingredient from the list below.

Vegetables

- Asparagus
- Beans
- Beets
- Bell Peppers
- Broccoli
- Brussels Sprouts
- Cabbage
- Carrots
- Cauliflower
- Corn
- Cucumber
- Eggplant
- Kale

- Kohlrabi
- Peas
- Potatoes
- Rhubarb
- Spinach
- Summer Squash
- Swiss Chard
- Tomatoes
- Winter Squash

Fruit

- Apples
- Blackberries
- Blueberries
- Cantaloupe

- Cherries
- Cranberries
- Muskmelon
- Pumpkin
- Raspberries
- Strawberries
- Watermelon

Other

- Cheese
- Honey
- Maple Syrup
- Milk
- Wild Rice
- Yogurt

New Contest Rules

After receiving past participants' feedback, WI TN is excited to expand the list of foods students may use to include fresh, frozen, or pre-cooked meat, fish, and poultry products. These include ground meats (beef, chicken, pork, turkey), bone-in or boneless chicken pieces (breasts, legs, thighs, wings), ham, and fish. 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 www.foodsafety.gov. Raw meat may **not** be served for consumption.

Recipe Recommendations

Please consider the below items when developing your recipe. While not required, recipes are encouraged to:

- contain less than 10 percent of calories from saturated fat and 480mg of sodium per serving;
- contain Wisconsin cheese, milk, or yogurt; and
- utilize ingredients similar to products available to schools through the [USDA Foods](http://www.usda.gov) program. A list of Wisconsin products is available at: http://dpi.wi.gov/sites/default/files/imce/school-nutrition/xls/brownboxlist_sy1516.xls.

Recipe Contest Judging Criteria

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

Additional judging criteria that may be used include affordability and use of products similar to those found in the USDA Foods program.

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 <http://ndb.nal.usda.gov/ndb/search/list>. A list of commonly used ingredients is included in the application.

Recipe Presentation: The recipe will be judged on its description (included on the Recipe Entry 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. Visit <http://www.opi.mt.gov/Pdf/SchoolFood/CTK/FunaWaystoDescribe.pdf> for more information.

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 (chopping, dicing, mincing) and cooking methods utilized (baking, roasting, sautéing).

Local Foods: Recipes will be judged on the use of a Wisconsin produced ingredient(s).

Cooking Competition

Five finalist teams will be selected and asked to participate in the Cooking Competition on **Thursday, May 19, 2016**, at the University of Wisconsin-Madison. The school 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 25 servings, prepare this adjusted recipe, and conduct a taste test with their classmates. 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 on May 19, 2016

- 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 the University of Wisconsin-Madison. 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:

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