



The MS Department of Education-Office of Child Nutrition

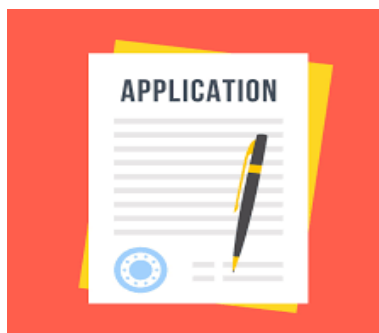
Jr. Chef Competition

“Savor the Flavor of MISSISSIPPI”

School Year (SY): 2023-2024

Application Packet

Due by: **Tuesday, September 12, 2023**





Jr. Chef Competition
“Savor the Flavor of Mississippi”
SY: 2023-2024
“Facts Sheet”

Competition Facts:

- Must apply via Jr. Chef application packet.
- No more than **three (3) teams** per school district can participate in the Jr. Chef competition.
- Each team should consist of 2-4 students.
- Recipes should meet the *National School Lunch Program (NSLP)* meal pattern and standards and must include 3 or the 5 meal components (Meat/Meat Alternate (M/MA), Grain, Milk, Fruit, or Vegetable).
- Recipe must incorporate at least two (2) **MS GOODS**.
 - Packet must include *Local Mississippi (MS) Goods Verification Form*
 - *MS Goods are local products obtained from: farmers, farmers markets, school/home gardens etc.*
 - Recipe must yield a minimum of six (6) servings.
- Recipe is replicable and/or adaptable by School Nutrition professionals with available ingredients, equipment, staffing and time. Recipe cost is affordable for School Nutrition Programs.
- Teams must bring all necessary ingredients for their dish.
- High School teams may consist of any combination of students in grades 9th-12th.
- Each team must have a Culinary Arts Instructor/Coach who is present for the duration of the competition.
- The Culinary Arts instructor must be a school district employee.
- Only students are allowed to cook during the competition.
- Instructors cannot aid or assist the students the day of the competition.

Host Sites must comply with the following:

- Must provide a clean, spacious venue that can accommodate three (3) cooking teams at a time.
- Must have adequate cooking utensils for competition (stove, refrigerator, hand washing sink, etc).
- Serving utensils to include
 - Pot's, Pan's, scales, hand mixer, cutting boards, measuring cups, thermometers, mixing bowls.
 - Prep spoons, knives, spatula's, forks, tongs etc.
 - Serving dishes
 - Eating utensils (plates, forks, spoons & knives)

Recipes must make at least six servings.

- One (1) of your servings will be plated as a display plate for viewing. The remaining servings need to be split into 3-4 servings for the judges to taste.
- Once your initial recipe has been approved, you must get State Agency approval before additional changes can be made.

Contact April D. Catchings if you have any questions: (601)576-4970 or email acatchings@mdek12.org.

MS Department of Education-Office of Child Nutrition (MDE-OCN)
Jr. Chef Competition: SY 2023-2024
“Savor the Flavor of MISSISSIPPI”

Instructor Consent Waiver Form

Please return the Consent Waiver Form and Team Application. Team Instructors must comply with the rules listed below.

Instructor understands:

- They must comply with all the rules and regulations for recipes and competition.
- They must be present during the competition.
- They cannot assist student teams during the actual competition.
- *Consent Waiver and Team Application* must be submitted to MDE/OCN no later than **Tuesday, September 12, 2023, by 4:00 p.m.**
- Recipes and Nutrient Analysis must be submitted no later than **Friday, October 6, 2023.**
- Recipe Analysis may be performed by one of three (3) ways:
 - Contact our local Food Service Director for assistance.
 - Request the Office of Child Nutrition’s Registered Dietitian (RD) to perform the analysis.
 - Use a Nutrient Analysis Program to analyze your recipe; this method must be approved by the OCN staff.

Team Requirements:

- Each School District/Culinary Arts Program *cannot* register more than **three (3) teams**.
- Team members must have on attire that is neat and clean.
- Team members are not allowed to wear:
 - Nail Polish
 - Excessive Jewelry (large hoop earrings, bracelets, rings/nose rings)
- Team members must vacate the premises once their competition/timeframe is complete.
- Team members must read and understand the rules and conditions associated with the Jr. Chef competition. Failure to comply could result in team elimination.

Instructor Signature _____ **Date** _____

Please scan (in color) and email following to: acatchings@mdek12.org

- **Consent Waiver Form (page 3)**
- **Team Application (page 4)**



JR CHEF COMPETITION: "SAVOR THE FLAVOR OF MISSISSIPPI"



HIGH SCHOOL TEAM APPLICATION (SY:2023-2024)

*Team Name:

*School District:

*School Name:

*Address:

*City:

*State:

*ZIP Code:

CULINARY ARTS INSTRUCTOR/COACH CONTACT INFORMATION

*Instructor Name:

*Address:

**Phone:

**Email:

*Fax:

*City:

*State:

*ZIP Code:

SCHOOL FOOD SERVICE ADMINISTRATOR (SFS) INFORMATION

* SFS Name:

Address:

**Phone:

City:

State:

ZIP Code:

**Email:

STUDENT TEAM MEMBER INFORMATION (2 - 4 MEMBERS ONLY)

*Name

*Name

*Name

*Name

*Alternate Name

REQUIRED SIGNATURES

I verify that the information provided on this form is correct and I agree with the terms for participating. I have received a copy of this application.

*Signature of Superintendent:

Date:

*Signature of Instructor:

Date:

(Revised: September 29, 2022)



Jr. Chef Competition
“Savor the Flavor of Mississippi”

Local Mississippi (MS) Goods Verification Form

I verify that the products listed and used in this recipe are of high quality and **locally** obtained in MS:

1. School District Name: _____
2. Team Name: _____
3. Recipe Name: _____
4. Name, City & County of the *Farmers Market, Farmer, and/or local source* used in your recipe:
 - Name: _____
 - City: _____
 - County: _____

List all local MS Goods used in the recipe:

*** Examples of local MS products: Chicken, Fish, Bell Peppers, Onions, Tomatoes, Herbs etc.**

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____

Instructor Print: _____

Instructor Signature _____

Date _____