



Jr. Chef Competition
“Savor the Flavor of Mississippi”
“Facts Sheet”

Teams:

- Must apply via application packet.
- Each team may consist of 2-4 students.
- Recipe must meet the *National School Lunch Program (NSLP)* meal pattern and nutrition standards and must include 3 meal components (Meat/Meat Alternate (M/MA), Grain, Milk, Fruit, and Vegetable).
- Recipe incorporates at least two (2) **MS GOODS**.
 - *MS Goods are local products obtained from: farmers, farmers markets, school/home gardens etc.*
- 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 a minimum of 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.