NC Jr. Chef Competition
What is the NC Jr. Chef Competition?

- 2 parts to NCJCC:
  - Recipe contest
  - Cook-off

- Recognizes students for ability to work as a team

- Allows students to demonstrate skills in recipe development, food preparation, marketing, presenting and organization
Why have a NC Jr. Chef Competition?

- Inspire the next generation of culinary professionals
- Stimulate interest in locally produced agriculture
- Create new school meal recipes
- Increase participation in School Nutrition Programs
- Encourage healthy eating habits
When are Important Dates to Take Action?

- 2/6 - Submit an Intent to Compete form
- 2/13 - Submit a completed Application (w/ Recipe), Photo of the Entrée & Permission and Release Forms
- 2/21 - Look for a finalist notification by email
- 4/1 - 8 finalist teams compete in cook-off
- 5/9-10 - NC winning team goes to SE Jr. Chef Competition
Who is Eligible to Participate?

- Teams of 2-4 high school students
  - Attend school with NSLP
  - Enrolled in NC CTE Food, Nutrition, and Culinary Arts courses
  - Affiliated as member of FCCLA
  - Registered for the NC FCCLA Conference
- Students may only be on 1 team
Are Awards Available?

Sullivan University Scholarships

- **State Finals - NC Jr. Chef Competition**
  - 1\textsuperscript{st} - $16,000 scholarship for each student team member
  - 2\textsuperscript{nd} - $10,000 scholarship for each student team member
  - 3\textsuperscript{rd} - $6,000 scholarship for each student team member

- **Southeast Jr. Chef Competition**
  - 1\textsuperscript{st} - tuition and program fees for each student team member ($45,000 - $55,000 value)
  - 2\textsuperscript{nd} - tuition only for each student team member ($47,000 value)
  - 3\textsuperscript{rd} - $20,000 scholarship for each student team member
Where Will the Cook-Off be Held?

- Cook-off will be at the Piedmont Food & Agriculture Processing Center in Hillsborough
- 4 teams will compete in the morning and 4 in the afternoon
- Teams will be assigned to 1 of 2 kitchens
- Finalists and top 3 teams will be recognized during the opening session of the NC FCCLA State Conference the evening of April 1
Entrée Recipe Nutrition Requirements

- Entree:
  - meat/meat alternate + whole grain-rich food;
  - vegetable + meat/meat alternate;
  - fruit + meat/meat alternate; and a
  - meat/meat alternate alone, yogurt, cheese, seeds, seed butters

<table>
<thead>
<tr>
<th>Nutrient</th>
<th>Entree</th>
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<tbody>
<tr>
<td>Calories</td>
<td>&lt;350 calories</td>
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<tr>
<td>Sodium</td>
<td>&lt;480 mg</td>
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<tr>
<td>Total Fat</td>
<td>&lt;35% of calories</td>
</tr>
<tr>
<td>Saturated Fat</td>
<td>&lt;10% of calories</td>
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<tr>
<td>Trans Fat</td>
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</tr>
<tr>
<td>Sugar</td>
<td>&lt;35% by weight</td>
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What are the Recipe Requirements?

- Entrée for school lunch (6 svgs)
- Meet NSLP nutrition standards
- Have 2 NC grown ingredients
- Include 1 USDA Foods item
- Not contain nuts
- No raw milk, eggs, meat, poultry or seafood served for consumption
- Be replicable by School Nutrition
- Be student taste tested/approved
What is Included in the Application?

- Team Name
- School Name, Address and Phone
- FCCLA Chapter #
- Principal Name and Signature
- School Nutrition Administrator Name and Signature
- Adult Team Supervisor Contact Info
- Recipe Ingredients
- Nutrient Analysis
- Cost Analysis
Nutrient Analysis

- Team Name
- Recipe Name
- Ingredients
- Amount Used in Recipe
- Unit/Measure
- Calories for Amount Used in Recipe
- Grams of Total Fat Amount Used in Recipe
- Milligrams of Sodium Amount Used in Recipe
Cost Analysis

- Team Name
- Recipe Name
- Ingredients
- Amount Used in Recipe
- Unit/Measure
- Calories for Amount Used in Recipe
- Grams of Total Fat Amount Used in Recipe
- Milligrams of Sodium Amount Used in Recipe
Permission and Release Forms

- Student Name
- School Name
- Grade
- Student Address, Email and Mobile Phone
- Parent/Guardian Name, Contact Info and Signature
- Emergency Contact Name, Relationship to Student and Contact Info
What are the Cook-Off Requirements?

- Teams prepare and present recipe
- Adult Team Supervisor must be present
- Only students cook
- Teams bring ingredients and any small equipment not provided
- Teams turn in 6 copies of recipe, nutrition analysis, cost worksheet and time management plan

<table>
<thead>
<tr>
<th>Step</th>
<th>Time (Min)</th>
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<tbody>
<tr>
<td>Equipment &amp; Ingredient Check</td>
<td>20</td>
</tr>
<tr>
<td>Set up</td>
<td>15</td>
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<tr>
<td>Prep</td>
<td>90</td>
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<tr>
<td>Presentation</td>
<td>5</td>
</tr>
<tr>
<td>Cleanup</td>
<td>30</td>
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</table>
What are the Evaluation Criteria?

- Recipe Development
- Uniform and Appearance
- Safety and Sanitation
- Food Production
- Food Taste and Presentation
National School Lunch Program (NSLP)
Lunch Meal Pattern

1. Grains
2. Meat or Meat Alternate
3. Milk
4. Fruits
5. Veggies
Fruits and Vegetables

- Credited in Cups
- All forms of Fruit and Vegetable count:
  - Fresh
  - Frozen
  - Canned
  - Dried
  - Juice
- Dried fruit credits as double

Raw leafy greens credit as half
Grains

Credited in ounce equivalents

Grains must be whole grain rich

Flour and cereal grains in recipes count

Purchased grains count
Meat/Meat Alternate

Credited in ounce equivalents

Meat/Meat Alternate includes:
- Beef
- Poultry
- Fish
- Nuts, Seeds
- Yogurt, Eggs, Cheese
- Beans

Food Buying Guide

NC Jr. Chef Competition
Fluid Milk

Offer 1 cup daily
Nutrient Requirements

**Calorie Range**
Average Over the Week

**Percent of Calories from Saturated Fat**
Limited

**Sodium is Limited**

**Ingredients**
Must be Trans Fat Free
Resources

- Your School Nutrition Program
- NCDPI, School Nutrition Services - https://childnutrition.ncpublicschools.gov/
- Food Composition Database - https://ndb.nal.usda.gov/ndb/
- Got to Be NC - www.gottobenc.com
- NC Farm to School Program – www.ncfarmtoschool.com
Questions

Please direct questions to FCSEducation@dpi.nc.gov.
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