



GET COOKIN'



Nutrition Services

Think, Experiment, Create, and WIN!

Get Cookin' Recipe Contest Guidelines and Entry Form

Put on those aprons and create a fun and delicious new dish that can actually be used in your school cafeteria! Celebrate National School Lunch Program by participating and "Get Cookin'!!!

Contest Guidelines

1. Open to any KHSD student.
2. Create a recipe that can be served in your school's cafeteria using healthy and delicious choices. Only One (1) recipe entry per student.
3. Add a source of protein (not more than 2 ounces). Choose from chicken, turkey, cheese or beans (black, pinto, kidney or garbanzo).
4. Add additional ingredients but keep it simple. Think fresh, healthy and delicious! Recipes may contain no more than 10 ingredients including the grain, protein source and seasonings.
5. Recipes should be easy to prepare in a school kitchen. No grilling, barbecuing or frying.
6. Ten (10) lucky student finalists will be selected and notified about making it to the next round of the contest. Finalists will be invited to prepare their creations at The Nutrition Services Central Kitchen. Families, teachers and principals will be invited to taste these culinary masterpieces on March 12, 2020. A panel of judges will select the grand prize winners at our Grand Event.

How to Enter

Create a recipe, fill out this entry form, include a photo and send to the Get Cookin' Recipe Contest one of three ways:

1. **Mail to:** 3701 E. Belle Terrace Suite B, Bakersfield Ca, 93307
2. **Email to:** Nutrition_Services@kernhigh.org You can send the entry form along with a photo as attachments.
3. Put it in an envelope and turn it into your **school cafeteria**. Put Get Cookin' Recipe Contest on the outside of the envelope.

Do not send food. All entries must be in English and received or postmarked by January 31, 2020. All additional information and resources will be provided in January once first round contestants have been chosen.

Many will enter few will win. All who enter will receive a swag bag. The 10 Luckiest will receive a Chef Coat and Hat- All additional materials paid for.

Prizes!

Prizes will be awarded to **1st, 2nd, and 3rd** place winners. Only **one** prize will be awarded for each winning recipe.

Judging will be based on appearance and taste; creativity and originality; composition and nutrient content; and simplicity of preparation/ ease of production in school kitchens.

- 1st Place:** iPad Mini
- 2nd Place:** Barnes & Noble & Walmart Gift Cards
- 3rd Place:** Walmart Gift Card



