

# Calling all "FUTURE CHEFS"

WE'RE LOOKING FOR YOUR FAVORITE



**Hey Kids,  
Let's Cook!**

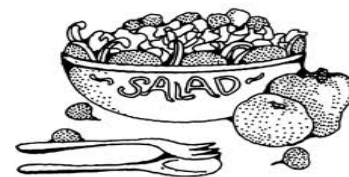
Two lucky winners from each school will be chosen as finalists to compete in our contest on **April 6, 2020** at the Pickens County Career and Technology Center at 990 Chastain Road, Liberty, SC. As an added bonus, the winner's salad will be featured on next year's school menu.

**Pick up your Entry Form today!**

They are available the the cafeteria and  
on the district webpage at [www.sdpcnutrition.com](http://www.sdpcnutrition.com)  
Turn the form in to the cafeteria by **March 13, 2020**.

## Tips to be a Finalist for the Culinary Competition

1. **Be original.** You don't have to be like everyone else. We can only have so many Taco Salad recipes. Don't misunderstand--it's a great salad--it's just done very frequently. Consider putting a new twist on a favorite salad instead.
2. **Be creative.** A student once submitted a recipe for "incredible spinach cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This **doesn't** have to be your own, original recipe. You can get them off the internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, but only **ONE** student can make the recipe at the competition.
6. We are looking for **healthy** salad recipes; so, try to have recipes that don't have a lot of sugar or fat in them.
7. At the main competition, the judges will consider 5 criteria:
  - \*Originality
  - \*Ease of Preparation
  - \*Healthy Attributes
  - \*Kid-Friendliness
  - \*Plate Presentation



*At the competition, please bring all food cooked, sliced, diced, etc. and ready to assemble. You will need enough ingredients to make 12 servings. The judges will sample a small taste. We will provide small paper plates and napkins for you to provide a sample for the judges.*

**GOOD LUCK AND HAVE SOME FUN!!**