

TO: All Middle and High School Principals and Teachers

FROM: Jenaffer Pitt, Director of Student Nutrition Services

DATE: January 20, 2017



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

Hello Everyone,

March is National Nutrition Month. As a way to celebrate, the SNS team is thrilled to offer the second annual Secondary School Culinary Competition. The entries are limited to 6th - 12th grade students.

The idea behind this event is to help educate our teens in developing HEALTHY EATING HABITS. Too often we hear about obesity in teens, and teenagers not making the right choices in terms of their eating habits. That's why we are inviting the teens within our district to submit recipes for their **favorite healthy sandwich.**

Judging will be based on:

- * Originality
- * Teenager-Friendliness
- * Ease of Preparation
- * Best Use of Featured Ingredients
- * Healthy Attributes
- * Plate Presentation



Timeline of what will happen:

1. A flyer will be available online and at the school cafeteria describing the event. Included with this will be a blank recipe card.
2. Students that choose to participate will fill out the recipe card and return it to the cafeteria manager
3. Cafeteria managers will return recipes to Jenaffer Pitt **via courier** no later than **Friday, March 3rd**.
4. A "Distinguished Panel of Judges" will evaluate recipe submissions, and narrow the number down to **2** students per school. If schools do not have any one to participate, a total of 18 finalists combined will be selected.
5. The finalists will be formally invited to a Culinary Competition "Cook-Off" on **Thursday, April 27th**, scheduled for **4:00 pm** at the Pickens County Career and Technology Center.

All Finalists will receive a framed plaque, a chef coat and hat. and a recipe book. In addition, the finalists will have their recipe featured at their school in May. The winner of the contest will receive a trophy and the winning recipe will be featured on the 2017-2018 school menu.

The local media will be invited to take pictures of the teen's creations. Parents and teachers may view the final product during the reception portion of the event.

Transportation will not be provided on the 27th of April for the competition. Students will need to drive or be dropped off/picked up at the **Pickens County Career and Technology Center.**

Each finalist will have a kitchen staff member assigned to them to ensure that there are no safety issues. This will ensure that safe food and preparation practices are followed, and no one gets harmed. The food service director, food service trainer/supervisor and culinary specialist may not assist a student.

Please let me know if I can answer any questions or concerns!

Jenaffer Pitt

Director of Student Nutrition Services

864-397-1166

jenafferpitt@pickens.k12.sc.us