



YOUNG CHEFS OF WEST VALLEY

JUNIOR CHEF COMPETITION HANDBOOK



WHAT IS IT?

Get ready for an exciting cooking competition in our school district! Talented young chefs will compete against each other, cooking up delicious dishes with creativity and style. It's a thrilling event that will leave your taste buds amazed!

WHY JOIN?

Joining the Junior Chef Competition at our school district is a chance to improve cooking skills, showcase creativity, and receive valuable feedback. It promotes teamwork, boosts confidence, and opens doors to future culinary opportunities. You have the amazing chance to get your teams' recipe on the school lunch menu!

HOW TO JOIN?

Preparation Prior to Competition
January - April 15th

1. Create a team of 1-3 students or opt for solo entry.
2. Review the recipe requirements
3. Develop a recipe that aligns with the specified criteria.
4. Fill out the application and recipe on the Excel spreadsheet
5. Submit the Excel spreadsheet through the designated Google Form.
6. Child Nutrition will conduct a nutrient analysis on the recipe to ensure compliance with sodium, saturated fat, and calorie limits
7. If the recipe meets the nutrient requirements, Child Nutrition will send three education modules to be complete before competition day.
8. If the recipe does not meet the nutrient requirements, you will be notified, and provided with tips and tricks for potential recipe adjustments.
9. Recommendation - Prior to the competition, diligently prepare and test your recipe.
10. On competition day, arrive promptly to prepare your dish for the judges. Best of luck!

Competition Day
May 1, 2024



RECIPE REQUIREMENTS

- Original Recipe or give credit to source
- Utilize Recipe Template (Excel Spreadsheet)
- Serves 10 people
- Two Meal Components
 - Meat / Meat Alternative
 - Grain
 - Fruit
 - Vegetable
- One USDA Commodity Food Item
- One Local Washington Product
- Meet Nutrient Analysis (Below are the max limit) - Child Nutrition will analyze these values for your recipe
 - 850 Calories per serving
 - 9g Saturated Fat per serving
 - 667mg Sodium per serving
- No peanuts or tree nuts



WHAT ARE USDA COMMODITY FOODS?

USDA Commodity Foods are government-sourced food products provided by the United States Department of Agriculture (USDA) to support various food assistance programs. These foods are distributed to schools, food banks, and other eligible organizations to help meet the nutritional needs of communities.

We use USDA Commodity Foods because they serve as a valuable resource in ensuring access to nutritious and high-quality food for those in need. They are also cost effective for a Child Nutrition budget.

COMMODITY FOOD LIST

MEAT

- All Natural Diced Chicken (Precooked)
- All Natural Pulled Chicken (Precooked)
- Chicken Meatballs (Precooked)
- Turkey Roast (Raw)
- Coho Salmon (Raw)
- Ground Bison (Raw)
- Beef Stew Meat (Raw)

GRAIN

- Flour (Whole Grain)
- Brown Rice
- Rolled Oats (Quick)
- Penne Pasta (Whole Grain)
- Macaroni Pasta (Whole Grain)
- Spaghetti Pasta (Whole Grain)
- Whole Wheat Tortillas

MEAT ALTERNATIVE

- Mozzarella Cheese
- Cheddar Cheese
- Eggs (Frozen)
- Bean Varieties (Canned / Dried)
- Lentil Varieties (Dried)

FRUIT

- Whole Frozen Raspberries
- Raspberry Puree
- Blueberry Puree
- Whole Frozen Blueberries
- Canned Fruit (Sliced)
- Frozen Strawberries

VEGETABLES

- Frozen Green Beans
- Frozen Broccoli
- Frozen Corn
- Frozen Peas
- Frozen Carrots
- Frozen Diced Potatoes
- Frozen Chopped Spinach

LOCAL FOOD IDEAS

MEAT



- RAW Ground Beef (Rays Meats)
- Coho Salmon
- Ground Bison
- Beef Stew Meat

GRAIN



- Whole Wheat Flour (Cascade Milling)
 - All Purpose Four (Cascade Milling)
- *Remember your dish must be 51% whole wheat grains

DAIRY



- Plain Yogurt - YAMI
- Plain Greek Yogurt - YAMI
- Milk
- Buttermilk

PRODUCE

- Asparagus
- Winter Squash
- Summer Squash
- Carrots
- Onions
- Brussel Sprouts
- Tomatoes



QUALIFYING LOCAL FOODS IS NOT LIMITED TO LIST PROVIDED ABOVE

GOOGLE FORM



CLICK HERE



SCAN HERE
(YOU MUST LOG IN
WITH WVSD LOGIN)



**CHILD NUTRITION
WEBPAGE**



PRIZES

The winning team of the Young Chefs of West Valley Junior Chef Competition will be presented a prize basket containing local goodies generously donated by businesses in the area. Additionally, the winning recipe will earn a lasting spot on our menu for years to come!

The logo for albie's, featuring the word "albie's" in a dark blue, lowercase, sans-serif font. A small red circle with a white dot is positioned above the letter 'i'.