

### **North Carolina Jr. Chef Competition (NCJCC):**

We are excited to announce the 2019 North Carolina Junior Chef Competition (NCJCC)! The NCJCC will recognize students for their ability to work as members of a *team* to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe for a school lunch entrée** that meets the guidelines to submit for the NCJCC recipe contest. During the NCJCC cook-off, finalist teams must **prepare, cook and plate their recipe and present (2) plates of their prepared recipe** to judges. Student teams are encouraged to work with their FCS teachers/FCCLA advisers and local School Nutrition Programs to develop creative entrée recipes for school lunch that meet the National School Lunch Program meal pattern and nutrition standards, include at least 1 USDA Foods item and 2 North Carolina grown products, and are replicable by School Nutrition professionals. Please help spread the word so that we can have as many student teams compete and create school lunch recipes as possible. You may share the announcement below and attached NCJCC guidelines, application and parental permission and release form. The winning team from the NC Jr. Chef Competition will advance to the Southeast Regional Jr. Chef Competition May 9-10 at Sullivan University in Kentucky. We would love to have the NC team compete in and win the Southeast Jr. Chef Competition. We look forward to receiving entries from your schools. If you have questions about the NC Jr. Chef Competition, email me at [tracey.bates@dpi.nc.gov](mailto:tracey.bates@dpi.nc.gov). Thanks so much!

### **North Carolina Jr. Chef Competition 2019 Seeks Student Created Recipes for School Meals**

***What is the NC Jr. Chef Competition?*** The NCJCC will recognize students for their ability to work as members of a *team* to demonstrate valuable skills in recipe development, food preparation, marketing, public presentation, organization, and local food systems. The NCJCC consists of two parts: 1) a recipe contest and 2) cook-off. Student teams must **develop a recipe for a school lunch entrée** that meets the guidelines to submit for the NCJCC recipe contest. During the NCJCC cook-off, finalist teams must **prepare, cook and plate their recipe and present (2) plates of their prepared recipe** to judges. Student teams are encouraged to work with their FCS teachers/FCCLA advisers and local School Nutrition Programs to develop creative entrée recipes for school lunch that meet the National School Lunch Program meal pattern and nutrition standards, include at least 1 USDA Foods item and 2 North Carolina grown products, and are replicable by School Nutrition professionals.

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**Why host a NC Jr. Chef Competition?** The NCJCC hopes to inspire the next generation of culinary professionals, stimulate interest locally produced agriculture, increase participation in School Nutrition Programs, and encourage healthy eating habits.

**Who can participate?** Teams of 2-4 high school students (grades 10-12) currently enrolled in NC Career and Technical Education Food, Nutrition, and Culinary Arts courses can participate in the NCJCC.

**When are important dates?/What are next steps?**

- Today - Review the NCJCC guidelines and plan to participate.
- January 15, 4:30 pm - Participate in a webinar to learn more. [Register](#) to receive the webinar connection info. The webinar will be recorded and made available.
- February 6 - Submit an [Intent to Compete](#) form for your team if interested in participating.
- February 13 - Submit a completed Application (including Recipe), Photo of the Dish, and Parental Permission and Release forms for each team member to [FCSEducation@dpi.nc.gov](mailto:FCSEducation@dpi.nc.gov).
- February 21 - Look for a notification by email to see if your team has been selected as a finalist.
- April 1 - If you are one of the 8 finalist teams, participate in a cook-off at the Piedmont Food & Agriculture Processing Center in Hillsborough. Finalists and the top three teams will be recognized during the opening session of the NC FCCLA Annual Conference in Greensboro that evening.
- May 9-10 - The North Carolina Jr. Chef Competition winning team advances to compete in the Southeast Jr. Chef Competition at Sullivan University in Kentucky.