

# Breakfast Battle: Aurora, Oswego middle-schoolers compete in cooking contest

March 10, 2017— Student chefs from Aurora's Cowherd Middle School won two of four trophies in the fifth Top Healthy Chef cooking contest at Aurora University's alumni cafeteria, Wednesday afternoon, March 8.

Young chefs from four area middle schools including Cowherd, Herget and Granger in Aurora and Bednarcik in Oswego competed in the final round, a 30-minute cook-off to create a healthy breakfast from a surprise basket of ingredients.

Earlier contests featured healthy salads (2016), sandwiches (2015), pizza (2013) and snacks (2011).



Cowherd's team, the Cooking Cougars, comprised Assyria Balfour, seventh grader; Charisma Farmer, eighth grader; Bryan Hernandez, sixth grader; and Mykael Williams, seventh grader. They won awards for best presentation and judges' award for best overall creation.

Other award winners were Granger Middle School's Eggbeaters who received the Chef's Award and Healthy Huskies from Herget Middle School, Aurora, for best tasting dish. The Bulldog Breakfast Ninjas from Bednarcik Junior High School, Oswego, also competed.

Contest emcee Zaida Rodriguez, community relations coordinator for Rush-Copley Medical Center in Aurora, presented awards.

Judges were Robert J. O'Connor, Aurora mayor; Sherry Eagle, Aurora University; Faith LaShure, Communities in Schools board president; Barbara Jeffers, executive director, Kane County Health Department; James Wurst, chef, Sodexo food service-Aurora University; and Larry Fullmer, Sodexo district manager-schools.

The event was part of the Kane County Fit Kids 2020 initiative, designed to promote making healthy eating fun for county kids during the next three years.

Preliminary contests involved teams from nine Aurora-area middle schools.

**PHOTO CAPTION:** Students from Oswego's Bednarcik Junior High School competed in the fifth Top Healthy Chef cooking contest at Aurora University's alumni cafeteria, Wednesday afternoon, March 8. From left are Nicholas Ramirez, Harry Hrvatin, Juliana Banks and Charyelle Kehoe. Teams from Oswego and Aurora middle schools each made a breakfast dish from a surprise basket of ingredients. (Al Benson photo)