

Kids' Celebrity Chef Healthy Cooking Competition

Official Rules and Important Information



1. Kids' Celebrity Chef is open to students in grades K-6 (including home-schooled students) in the Boyertown Area School District (BASD).
2. The deadline to submit healthy recipes to your teacher or by mail to the Wellness Council of Boyertown is **Monday, February 11**. Submissions are limited to one per student. Every student who submits a recipe will receive a certificate of participation from the Wellness Council of Boyertown.
3. Submissions must include a completed entry form, typed recipe, and photo of the dish. Recipes submitted without photos will not be considered. Entry forms are available on Boyertownasd.org and Boyertownwellness.com, and will be sent to all BASD elementary school students via Listserv in December, 2018.
4. Six finalists will be chosen by members of the *Wellness Council of Boyertown* and notified via email and in writing the **week of February 25**. A cook-off to determine a winner will be held on **Saturday, March 30** during the **Boyertown Community Wellness Fair** at Boyertown Area Senior High School.
5. The prepared recipes will be voted on by the public, as well as by a special panel of local celebrity judges. Public voting will determine the **1st place winner** who will receive a new bicycle. A special **Judges' Choice Award** will be given to the finalist whose recipe receives the highest combined score for taste and presentation from a panel of local celebrity judges.
6. Recipes will be accepted in the following categories:
 - **Appetizers/Healthy Snacks:** soups, dips, salads, after-school snacks
 - **Side Dishes:** vegetables, rice, pasta.
 - **Meatless Entrees:** meatless chili, pasta, egg dishes, pizzas, salads.
7. **Nutritional Requirements:**
 - 500 calories or less/ serving
 - 10 grams or less of fat/ serving
 - 10 grams or less of added sugar/ serving
 - 500 mg or less of sodium/ serving
8. **Recipes will be judged on the following:**
 - Nutritional value
 - Creativity/originality
 - Eye appeal
 - Kid-friendly preparation
 - Use of fresh or local produce
 - Special consideration will be given to original creations
9. Each student must have a parent or other adult willing to supervise his/her cooking on the day of the event.
10. **Deadline for submissions is Monday, February 11, 2019. Recipes submitted after February 11, or without photos will not be considered.** Recipes can be submitted to your teacher or mailed directly to Michelle Docchio, Kids' Celebrity Chef, the Wellness Council of Boyertown, P.O. Box 87, Boyertown, PA 19512.