

Kids' Celebrity Chef

2018 Healthy Cooking Competition



1st Prize Is a Brand New Bike!!

The Wellness Council of Boyertown is excited to be hosting the 7th annual Kids' Celebrity Chef Healthy Cooking Competition for the elementary school students of the Boyertown Area School District. The mission of this competition is to encourage students to take an interest in the food they eat by teaching them that food can be both healthy *and* delicious!

The deadline for submissions to your child's teacher is **Monday, February 12**. Recipes will be evaluated by a registered dietitian, and six finalists will be chosen by members of the *Wellness Council of Boyertown* (please refer to "Requirements to Submit a Recipe" listed below.) Finalists will be notified the **week of February 19** and a cook-off will be held on **Saturday, March 17** during the Boyertown Community Wellness Fair at **Boyertown Junior High West**. The prepared recipes will be voted on by all who attend the Health Fair, as well as by a special panel of local celebrity judges. **Please note that this is a two-part competition - public voting will determine our *1st, 2nd, and 3rd place winners, with first place earning a new bicycle (retail value \$100)*. A special *Judges' Choice Award* will be awarded to the finalist whose recipe receives the highest combined score for taste and presentation from our panel of celebrity judges. Every student who submits a recipe will receive a thank-you gift and certificate of participation.

Recipes will be accepted in the following categories: *Please, only one recipe per student.*

- **Appetizers/Healthy Snacks:** soups, dips, salads, after-school snacks
- **Side Dishes:** vegetables, rice, pasta.
- **Meatless Entrees:** meatless chili, pasta, egg dishes, pizzas, salads.

Requirements to submit a recipe:

Nutrition:

- 500 calories or less/ serving
- 10 grams or less of fat/ serving
- 10 grams or less of sugar/ serving
- 500 mg or less of sodium/ serving

An adult must supervise all cooking activities.

A photograph of your dish must be provided.

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

Deadline for submissions is **Monday, February 12, 2018**. **Recipes submitted after February 12, or without photos will not be considered.**

Recipes can be submitted to your child's teacher or mailed directly to Michelle Docchio, Kids' Celebrity Chef, the Wellness Council of Boyertown, P.O. Box 87, Boyertown, PA 19512.



WELLNESS COUNCIL
of Boyertown