

# Calling all Junior Chefs

The Wellness Council of Boyertown is excited to be hosting the 9th annual Kids' Celebrity Chef Healthy Cooking Competition for the elementary school students ( Grades K-5, including homeschooled) in the Boyertown Area School District. First prize is a new bike! The deadline to submit healthy recipes is Monday, February 10, 2020.

Please refer to the following for more information.

1. Kids' Celebrity Chef is open to students in grades K-5 (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 10**. Entries 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 , Boyertownwellness.com, and Boyertownareamulti-service.org, and will be given to all BASD elementary school students in January 2020.
4. Six finalists will be chosen by members of the *Wellness Council of Boyertown* and notified in writing and via email the **week of February 17**. A cook-off to determine the winner will be held on **Saturday, March 21** 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 **1<sup>st</sup> 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. **Nutrition requirements to submit a recipe:**
  - 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
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 10, 2020.** Entries submitted 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, 200 West Spring Street, Boyertown, PA 19512.