

Choose Iowa Student Culinary Competition Rules



The Iowa Department of Education is hosting a Choose Iowa Culinary Competition for students enrolled in a culinary arts class or foods based course. Students learning virtually, hybrid, or in person are eligible to participate. The concept for the competition is to plan a student-friendly recipe that features a local food item and follows the USDA school meal guidelines.

Each submitted recipe, must include the following (outlined in entry form):

- At least one adult supervisor that is a school employee. The adult will be the primary contact with the Iowa Department of Education, including the submission of recipes;
- High school students that are part of a FCS (Family Consumer Science), FCCLA, culinary class, or foods based course;
- Final recipe with creative name;
- How the recipe was developed and preparation methods;
- How the recipe includes one of the approved local food items (see list below) as a main ingredient and the importance of the food item to the state/region;
- How recipe contributes to the USDA National School Lunch meal pattern;
- How the ingredients, equipment, and instructions are applicable to school meals;
- How the recipe reflects cultural or regional preferences;
- Recipes should yield 4-12 servings;
- Photos of preparation and photos of the final presentation (from at least 2 angles); and
- Recipe Costing Worksheet.

List of Approved Local Food Items

Apples, Beef, Carrots, Chicken, Cucumbers, Cabbage, Dairy, Eggs, Green Beans, Leafy Greens, Melons, Potatoes (regular/sweet), Peppers, Pork, Squash, Sweet Corn, Tomatoes, and Zucchini. “Local” includes food items grown in the state of Iowa and 30 minutes outside the state border.

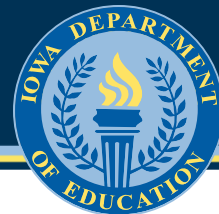
Recipe Submissions

Make it your own. Recipe submissions must be original. Recipes that are similar to those in the [Institute of Child Nutrition Recipe Box](#) will not be accepted. Explore other recipes for inspiration, but don't copy. Grain-based desserts, alcohol, and non-nutritive sweeteners are not allowed to be included in the recipes.

National School Lunch Meal Pattern

The recipes must meet the National School Lunch Program (NSLP) meal pattern. The recipes can be either for a side or an entrée. An entrée is defined as the main course of a meal that has a combination of meat/meat alternate and either a grain, vegetable or fruit.

- Seasonings should focus on herbs and spices, while keeping sodium to a minimum.
- Saturated fat must be kept to a minimum (i.e. leaner cuts of meat, fat-free or low-fat dairy products, avoid frying, etc.
- Grains shall meet USDA's definition for [whole-grain rich](#).



Meal Pattern Resources

- [National School Lunch Meal Pattern Chart](#)
- [Food Buying Guide for Child Nutrition Programs](#)
- [10 Tips: The School Day Just Got Healthier](#)

Bonus Points! - Local Partnerships

Connect with the School Food Service Director to learn how the recipe contributes to the National School Lunch meal pattern and how the ingredients, equipment, and instructions are applicable to school meals.

Connect with a local grower or organization that supports local food efforts to learn about the local food item to be featured and the importance of that food item to the region.

Bonus Points! – Nutrient Analysis

A nutrient analysis of the recipe is completed. The school nutrition director may have software to assist with this or there are free resources available (i.e. Spark People, Verywell fit, etc.).

Use of Non-Local Foods During the Recipe Development

During the timeframe of recipe development the availability of local items may be limited. Due to this circumstance, non-local items can be used. Consideration must be given to incorporate local items, when available. Featured ingredients should be used in the recipes starting in raw form. Example: fresh sweet potatoes vs. canned.

Submission of Entries

One recipe per entry form is required. Recipes must be submitted on the Standardized Recipe Template. Entries are to be submitted by midnight on March 1st, 2021 electronically at: <https://forms.gle/D7u3B3fCcSM6QkJ27>.

Winning Entries

The top 12 recipes will be announced by April 1, 2021. The individuals/teams that submit one of the top 12 recipes will be invited to be part of a Culinary Competition to be held late Spring 2021. The competition details are still being finalized. All options are being explored to adapt to the unique circumstances. More details will be released in March. The school will receive a \$2,000 sub-grant to support preparation for the competition and collaborative activities with their school nutrition program. The recipes will be tested and standardized to be utilized by school nutrition programs across the state and country.

Questions?

Please contact Carrie Scheidel, School Nutrition Consultant with the Iowa Department of Education - carrie.scheidel@iowa.gov or 515-281-4758.