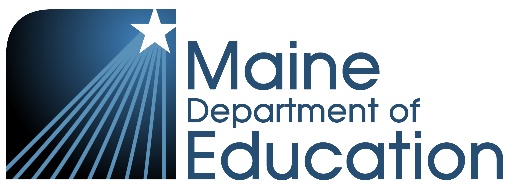
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Cook-Off **2023 Maine Farm to School Cook Off**

**Rules and Guidelines**

**Overview**

The Maine Farm to School Cook-off is a statewide culinary competition for teams of school nutrition professionals and students to promote local foods in school meals. Each team, consisting of one student and one school nutrition employee, is tasked to prepare a breakfast and lunch meal using specific recipe guidelines and time restrictions, and will present to a panel of judges.

**Recipe Guidelines & Submission**

* The National School Lunch Program (NSLP) meal pattern will be used for the breakfast and lunch meal.
  + The breakfast meal must meet the **required offering for grades K-12**. This includes 1 oz grain, 1 cup fruit and one additional item. Milk can be excluded from the meal.
  + The lunch meal must meet the **required offering for grades 9-12**. This includes 2 oz grain, 2 oz meat/meat alternate, 1 cup fruit and 1 cup vegetable. Milk can be excluded from the meal.
* Both meals must contain:
  + At least one USDA food
  + At least three local ingredients (defined as grown, raised, caught or manufactured in Maine) with one being a challenge ingredient. **Rolled oats** will be the challenge ingredient for breakfast and **carrots** will be the challenge ingredient for lunch. The challenge ingredients will be sourced by Child Nutrition and supplied to each team on the day of the competition.
* All recipes must be tested in a school kitchen. Five bonus points will be given if a video is provided showing taste testing with students or classrooms!
* Recipes must contain the following information:
  + Name of recipe
  + Type of dish (ex: breakfast entrée, lunch entrée, side)
  + Scaled to 50 servings
  + Portion size
  + Ingredients in measurable amounts (ex: 2 ½ cups tomatoes, not 5 tomatoes)
  + Complete Instructions
  + Meal pattern contribution information
* **Completed recipes must be typed using the provided template and submitted by February 17, 2023. Crediting will be checked by Child Nutrition staff.**
* **Any recipe submitted incorrect or incomplete will be returned for corrections.**
* All recipes submitted will be used in a Farm to School Cook- book.
* When considering which recipes to use keep in mind the division of work between team members. The goal of this competition is to involve students as much as possible in the preparation and cooking.

**Judging & Scoring Criteria**

The following scoring criteria will be used to evaluate the breakfast and lunch meals. Please review the [scoring sheets](https://www.maine.gov/doe/schools/nutrition/programs/localfoods) with your team.

* Creative use of challenge ingredients
* Presentation, Taste, and Feasibility to be used in school nutrition programs
* Teamwork and division of work
* Food safety and time management in the kitchen

The judging panel will consist of:

* K-12 student (past cook-off winner if possible)
* Professional Chef
* School Nutrition Director

This competition is all about promoting and educating about the wonderful things happening in school nutrition programs. We have selected people as judges who have a diverse range of culinary and food expertise and to get the student perspective.

**Important Competition Details!**

Three servings of the breakfast and lunch meal must be prepared. One plate for the judges, one plate for teams to sample, and one plate for display and pictures.

Each team will have **one hour** of kitchen time to prepare breakfast and work on lunch prep. This will be followed by a presentation and judging of the breakfast meal. Teams will then have an additional **30 minutes** of kitchen time to complete lunch, followed by another presentation and judging of the lunch meal.

*Child Nutrition will provide:*

* Cook-off hats for all participants in the regional competitions
* Chef coats and skull caps for those that advance to the finals
* Challenge ingredients (rolled oats and carrots)

*Team Expectations:*

* All preparation must be done on site. No exceptions! 5 points will automatically be deducted for any pre-made items.
* Test and practice with your recipes beforehand
* Teams are expected to look professional and meet the dress code of the Culinary Classroom while participating in the cook off. We often have media present and it’s important to portray the professional side of school nutrition. This includes the following:
* Beard restraint, if applicable.
* Closed toe/back shoes.
* Long pants, no leggings.
* A plain wedding band is the only jewelry allowed.
* Nails must be clean and trimmed. Nail polish and artificial nails will not be allowed.

**Day of Competition Reminders**

* Arrive early to review rules and guidelines and to tour the kitchen facility
* Bring recipes and all recipe ingredients
* Bring small wares, if needed
* Clean the kitchen, equipment, and small wares used prior to leaving the location. Participants will be made accountable for any damages to equipment.
* Come with a backup plan
* Practice good sanitation throughout the entire competition
* No coaching is allowed in the kitchen during the competition

**TIMELINE AT A GLANCE**

* January 13, 2023 – Electronic Team Agreements Due (posted on [website](https://www.maine.gov/doe/schools/nutrition/programs/localfoods))
* Date TBD- Mandatory Team Meeting
* February 17, 2023 – Recipes Due to Child Nutrition
* March dates TBD- Regional Competitions take place!
* April 7, 2023 – Finalists Announced
* April 25, 2023 – Cook Off Finals at the Culinary Classroom!