

Calling all Junior Chefs –

CAN YOU COOK UP THE WINNING RECIPE?

Recipe Submissions due July 26th



Junior Iron Chef Competition: At Home Edition

In place of the in-person Iron Chef Competition normally held every spring, BVSD's School Food Project will host its first-ever at-home cooking competition. All Junior Chefs—children 18 years or younger—are invited to submit their best recipe developed at home using ingredients from [BVSD's food bag program](#). Three finalists will have their recipes tested by BVSD Food Service staff to determine an Iron Chef winner in the Elementary and Secondary categories.

Who Can Submit a Recipe?

- All Junior Chefs – children 18 years or younger
- Children do not need to be enrolled in BVSD to pick up food bags, and children do not need to be enrolled in BVSD to participate in this competition
- Junior Chefs with any level of cooking experience are encouraged to participate

Competition Details and Recipe Requirements

- ✓ **The Cooking Challenge:** Create a recipe at home inspired by items from BVSD food bags
- ✓ Recipes must include at least TWO ingredients from BVSD food bags; additional ingredients from home can also be used
 - Use ingredients from food bags distributed on: 6/30, 7/7, 7/9, 7/14, 7/16, 7/21, 7/23
 - See list of [food bag ingredients here](#)
- ✓ Recipes can be for any type of meal, snack, or healthy-ish dessert; healthy ingredients and food preparation are encouraged
- ✓ Recipe should be inspired and developed by the Junior Chef, but family participation is welcome
- ✓ One recipe submission per Junior Chef
- ✓ Recipes will be judged on:
 - **Presentation** – Does the finished dish appear to be beautiful, appealing, well-balanced?
 - **Creativity** – Does the recipe use ingredients or techniques in unique ways? How did the Junior Chef think outside the box when developing their recipe?
 - **Flavor** – Does the recipe sound appetizing? How do the ingredients in the recipe complement one another?
 - **Bonus points** – Use of local or homegrown ingredients
- ✓ The winning Junior Iron Chef Champion in each age category (elementary and secondary) will have their recipe featured on BVSD social media! Winners will be announced the first week of August

How to Submit a Recipe

- **Recipe submissions are due by 5 pm on July 26th, 2020**
- To submit your recipe, send an email with “Jr Iron Chef Competition” in the subject line to theschoolfoodproject@gmail.com and include the following:
 - Junior Chef's first and last name, school, and grade level
 - Ingredients used from BVSD food bags (minimum of TWO)
 - Written recipe ([optional recipe template available here](#))
 - 1-2 photos of the finished dish
 - OPTIONAL: video (no longer than 4 minutes) showing how dish was prepared
- By submitting, you are giving permission to BVSD School Food Program to share photos and videos on social media and our website. If you do NOT want your submitted photos or videos to be shared by BVSD SFP, please specify this in your submission email.

Learn more: <https://food.bvsvd.org/programs/junior-iron-chef-competition-at-home>

Questions? Email theschoolfoodproject@gmail.com