



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite side dish to complete your plate.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This *doesn't* have to be your own, original recipe. You can get them off the Internet or anywhere but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for you to submit **Your Favorite Recipe from a Country or Culture anywhere in the world!!** so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 7 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation
 - Student Chef Presentation to Judges

Helpful Hint: When you present your recipe, include your name, the title of your recipe, a description of how you made your recipe flavorful, how you made it healthier, and any steps you may have taken to minimize food waste.

GOOD LUCK & HAVE FUN!!!!