

## Culinary Arts / Creative Arts Competition

Are you planning to enter the 2010 Culinary Arts and Creative Arts Competition in Greensboro? If you are, please get ready and set to follow the competition rules EXACTLY to avoid disqualification. The biggest challenge event leaders face every year is contestants being disqualified. We have several new categories including Ethnic Entree and Commodity fruit and Commodity vegetable. The award categories have also been modified.

The list below shows the major reasons for several disqualifications last year.

### Major Reason(s) for Disqualification

#### Meat/Vegetable Plate

1. More than two fruit/vegetable servings
2. Meat/meat alternate weighed less than 2 oz.
3. Excessive weights or portion for meat/meat alternate

#### Sandwich or Wrap Entree

Excessive over-serving fruit and fruit/vegetable portions

#### Salad Plate

1. Not a self-contained unit of components as required
2. Incorrect Category

#### Complete Breakfast

Excessive meat and bread portions

#### Cookies, Cake, Yeast Bread and Sweet Yeast Bread, Muffins and Biscuits

1. Incomplete quantity recipe or no recipe card
2. Incorrect category
3. Recipe card not the correct size

Look over the following rules and information and carefully make your plans.

All of the entries will be screened first by Child Nutrition managers and employees who understand the program. They will **disqualify** entries which do not meet the requirements and rules of the competition.

Please note that to provide a standard for judging all entries, the **traditional lunch pattern** will be the standard of measure for all complete plate categories.

## Mission Statement

*The mission of the School Nutrition Association of North Carolina Culinary/Creative Art Competition is to attractively display and merchandise foods and creative decorations used in the operation of the North Carolina Child Nutrition Programs.*

### General Information for All Participants

- Participant must be a SNA-NC member and registered for the SNA-NC Annual Meeting.
- Entries must be in the name of an individual member. School entries are not permitted.
- Participant must register with the Culinary and Creative Arts Committee prior to set up. At this time you will receive your instruction packet. **Each participant must pick up his/her own packet.**
- Only participants will be allowed in the show area and they must leave prior to judging time.
- No materials should identify the exhibit as that of a specific individual, school, or school system. However, it is permissible to display supplier's name on food products such as milk containers or crackers since this is the typical way it is served in the school cafeteria.
- Each entry will be given a number and judged by number not by personal identification. After judging, all entries will be identified by a card naming the individual person.
- The SNA-NC Culinary and Creative Arts Competition Committee and the SNA-NC are **NOT** responsible for the loss or theft of any item or display.
- No prizes will be awarded to contestants who remove their entries before the specified competition viewing closing time.

## Judging - General Information

Judging will be conducted in teams. Judges will be selected from CNS Managers and Employees who are knowledgeable in the following:

1. school foodservice and USDA guidelines
2. food production
3. arts and crafts

Child Nutrition Directors and Supervisors may serve as judges as well as members of the NC DPI-Child Nutrition Services staff.

Pre-judging will occur prior to competition judging. Pre-judging will be conducted by knowledgeable child nutrition professionals who will review all entries only for meeting specific category rules and the general rules.

Judges can include instructors in foodservice programs, restaurant chefs, or other foodservice professionals.

Training will be conducted for judges on the category rules and judging criteria for the Division Categories prior to the actual time of judging.

### Division I: Culinary Arts

#### 14 Competition Categories

#### A. Complete School Lunch Plate

##### Categories (4)

**1. Meat/Vegetable Plate** Meat entree is served with appropriate fruits /vegetables, bread and milk.

*Examples:* Fried chicken, pizza, tuna salad, chicken salad, chili with beans, with appropriate fruits/vegetables, bread and milk.

**2. Sandwich or Wrap Entree** The entree is served in a wrap, pocket or between a bread item with appropriate fruits/vegetables and milk. *Examples:* Anything on a bun, pita bread, croissant, taco, burrito, etc. or open faced sandwich, with appropriate fruits/vegetables or soup and milk.

**3. Salad Plate** The emphasis of the meal is on salad as a meal with the addition of milk and appropriate bread. *Examples:* Fruit salad, chef salad, taco salad and all with appropriate bread item and milk.

##### 4. Complete School Breakfast

#### B. Single Component Categories (3)

**1. Ethnic Main Entree** Meat/Meat Alternative Recipe on a 5" x 8" index card. Ethnic can include but is not limited to Asian, Hispanic and Italian.

##### 2. Commodity Fruit

A fruit that can be prepared to be served as part of a meat /vegetable plate. Recipe on 5" x 8" index card. This category may include multiple ingredients.

#### 3. Commodity Vegetable

A vegetable that can be prepared to be served as part of a meat /vegetable plate. Recipe on 5" x 8" index card. This category may include multiple ingredients.

#### C. Dessert Categories (4)

Entries must include a written or typed copy of the recipe used on a card no larger than 5" x 8"

**1. Cookies** All types: rolled, dropped and bar cookies. Brownies and Peanut Butter Delight are cookies.

**2. Cakes** Plain sheet cakes with plain icing and minimal decoration.

**3. Specialty Cakes** including layer cakes, carrot cakes and other specialty items made for a la carte sales.

**4. Miscellaneous Desserts** *Examples:* Cobblers, pies, crisps, etc.

#### D. Bread Categories (3)

Entries must include a written or typed copy of the recipe used on a card no larger than 5" x 8"

##### 1. Yeast Breads and Sweet Yeast Breads

*Examples:* Cinnamon buns, sweet rolls, wheat yeast rolls

##### 2. Muffins and Biscuits (baking powder variety)

**3. Miscellaneous Breads** (any items not included in the above categories) *Examples:* Banana bread, quick sweet bread.

### Culinary Arts Rules - All Categories

#### 1. Complete Lunch Plates

All complete lunch plates must meet the food based USDA Meal Pattern for grades 4-12

*Meat or Meat Alternate* - A serving of meat or meat alternate...2oz. or equivalent

*Vegetable and/or Fruit* - Two or more servings of vegetables or fruit or both to total 3/4 cup

*Note:* Salad Plates may contain up to 2 cups fruits/vegetables

*Bread or Bread Alternate* - Appropriate serving of bread or bread alternate

*Milk* - A serving of fluid milk 1/2 pint - 8 fluid oz.

#### 2. Complete School Breakfast

All complete breakfast plates must meet the food based USDA Meal Pattern for grades 4-12

*Milk* - A serving of fluid milk 1/2 pint- 8 fluid oz.

*Vegetable and/or Fruit* 1/2 cup

*Two servings Bread or Bread Alternate* 1 oz each

**OR**

*Two servings Meat or Meat Alternate* 1 oz. each

**OR**

*One serving Bread or Bread Alternate and one serving of Meat or Meat Alternate*

**3. Desserts and Breads** should be portioned appropriate to the way it is typically served or displayed in the local school cafeteria. Entries must include a written or typed copy of the recipe used on a card no larger than 5" x 8".

**4.** The lunch plates, breakfast plates, single component, desserts and breads entries must be typical of food served to students in the child nutrition programs and be prepared as they would be served in school cafeterias.

**5.** Foods normally served hot will be displayed in cooked form and cold foods will be displayed in the form normally used.

**6. ONLY ONE (1) ENTRY PER CATEGORY PER PERSON WILL BE ACCEPTED.** Please read rules carefully for each category.

### **Culinary Arts Judging Criteria**

**1.** All entries will be pre-judged to make certain they meet all the criteria.

**2.** Complete Plate winners will be determined by accumulated points based on the following criteria:

#### **Appropriateness (total 60 pts):**

Compliance with the USDA meal pattern guidelines for grades 4-12 (20 pts.)

Compliance with the portion sizes for USDA meal pattern for grades 4-12 (20 pts.)

Practicality in production including wise use of time, money, and equipment (20 pts.)

#### **Presentation (total 20 pts.):**

Plate is displayed neatly and merchandised properly for a school lunch/breakfast and is attractive and has eye appeal. (20 pts.)

#### **Composition (total 20 pts.):**

Plate has complimentary combination of flavors, colors, textures and shapes (20 pts.)

**3.** Single Components:

#### **Ethnic Main Entree (total 25 pts.)**

Plate has a ethnic idea for meat/meat alternative presentation (20 pts.)

#### **Commodity Fruit (5 Points)**

#### **Commodity Vegetable (5 points)**

**4.** Desserts and Breads will be determined by accumulated points based on the following criteria:

#### **Appearance (total 25 pts)**

Appropriately displayed (5 pts.)

Appearance -Color, smoothness (20 pts)

#### **Texture (total 20 pts)**

Fine, even grain, moist, light, cuts easily springy (20 pts.)

#### **Flavor (total 25 pts.)**

Delicate, well blended flavor, sweet, good taste (25 pts.)

Use of Commodity Ingredients (total 5 pts.)

## **Culinary Arts Awards**

**1. Plaques and ribbons** will be awarded to first, second and third place winners in each of the fourteen categories.

**2. The Ralph W. Eaton Trophy** will be awarded for the **best school lunch**. This award will be selected from first place winner in the three complete school lunch plate categories.

**3. The Best of Show Trophy - School Breakfast** will be awarded to the best breakfast. This award will be selected from the first place winner in the school breakfast category.

**4. The Best of Show Trophy - Creative Arts** will be awarded. This award will be selected from the first place winners in the three creative arts categories.

**5. Judges reserve the right** to limit awards if there are too few entries for adequate competition.

## **Division II: Creative Arts**

### **3 Competition Categories**

#### **Categories**

**1. Seasonal Decorations** - Use Fall, Winter, Spring or Summer.

**2. National School Lunch Week Decoration** - Use the 2010-2011 theme of National School Lunch Week.

**3. National School Breakfast Week Decoration** - Use the 2010-2011 theme of National School Breakfast Week.

### **Creative Arts Rules - All Categories**

**1.** All entries must be original concepts. Entries purchased from a florist, craft supplier or bakery are not eligible.

**2.** The entries must exemplify decorations actually used in the Child Nutrition programs.

**3. Size Restrictions:** Entry will be disqualified if it exceeds size restrictions.

**Seasonal:** 25" Wide x 25" Long x 36" High, but can be smaller

**4. ONLY ONE (1) ENTRY PER CATEGORY PER PERSON WILL BE ACCEPTED.** Please read rules carefully for each category.

