



**Georgia School Nutrition Association**  
**District/State Georgia Culinary Arts Competition**  
**Marching into Good Nutrition with Grab and Go at the heart of the program**

## Purpose

- To recognize exceptional culinary skills of school nutrition professionals in Georgia.
- To enhance the quality of school food.
- To develop and provide tested standardized recipes that is acceptable to our customers – students, administration, teachers and parents.
- To recognize **Georgia Grown** commodities as a leader in industry.

**Categories:** It is recommended that each category include **at least ONE Georgia Grown** product and/or commodity (up to 3 may be used) Such as: **Poultry**, beef, pork, **peanuts, pecans, blueberries, peaches**, soybean, **Vidalia/sweet onion, sweet corn**, watermelon, cucumbers, tomatoes, cabbage or eggs to name a few.

1. **Marching: Into the day with a Whole Grain Grab and Go Style Breakfast Entrée**  
Recipe must include 2 creditable grains.  
Whole Grains are associated with lower cholesterol and systolic blood pressure, as well as lower risk of heart disease.
2. **Marching: Into the day fueled by a Grab and Go Lunch Entree**  
Recipe must be centered around Legumes and include a creditable ½ cup vegetable or 2 meat/meat alternate  
Beans are high in resistant starch and have been shown to reduce levels of cholesterol and triglycerides, lower blood pressure, and decrease inflammation.
3. **Marching: Forward with a Grab and Go Lunch Side**  
Recipe must be centered around Dark Greens and include a creditable ½ cup vegetable serving  
Dark Greens are high in Vitamin K and nitrates, which can help reduce blood pressure and improve arterial function.

## Awards

1. Awards for all culinary categories based on quality food products exhibiting exceptional characteristics typical of the product.
2. **Awards given only for products that meet the criteria.**
3. State level awards for first, second and third place in each category will be awarded
4. “Participation” Awards can be presented to participants whose entries are disqualified for any reason.
5. State Competition Awards announced at the GSNA State Conference.
6. Awards for each category at the state level are as follows:
  - First Place - \$250** monetary award and certificate
  - Second Place - \$175** monetary award and certificate
  - Third Place - \$100** monetary award and certificate



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### GSNA Culinary Contest Rules

1. Submissions for District Competition must be sent to District Culinary Chair
  - a. **No later than February 1, 2023**
  - b. District entry form
  - c. Standardized recipe form
  - d. Nutrition analysis information  
Include name of software program used  
Recipe yield must match nutritional analysis
2. Submissions for State Competition must be submitted by District Culinary Chair to State GSNA Office
  - a. **No later than March 1, 2023**
  - b. District entry form
  - c. Bio and Picture of Contestant – Submitted Electronically, this will be shared with local media outlets
  - d. Standardized recipe form
  - e. Nutrition analysis information  
Include name of software program used  
Recipe yield must match nutritional analysis  
Entries without nutritional analysis may receive a deduction of points or be disqualified
3. Contestants must be employed in a National School Lunch Program and be a member of the local, district, state and national School Nutrition Associations.
4. Entry must be for an individual, not a school.
5. The recipe must be standardized and typed on the form provided. A word formatted form is available at [www.georgiaschoolnutrition.com](http://www.georgiaschoolnutrition.com) or by calling the GSNA office.
6. Contestant must prepare a maximum of **6** servings and present three samples on a disposable plate or container for judging. The remaining **3** servings will be samples for other participants.
7. All recipes must meet the requirements for the specific category.
8. All contestants must leave the show/cook area at the scheduled judging time.
9. No overt identification materials highlighting an individual, school or school system
10. No Coaching is allowed during the competition and no one is allowed in the prep kitchen other than the contestants.
11. Contestants are allowed to pre-prepare ingredients prior to contest but ALL cooking must be done on site.
12. Contestants are limited to entering and competing in one category at both the district and state level. This includes No exceptions.
13. District level competitions must be announced at least two weeks prior to competition. This announcement must include date, time and location.



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**Judging Criteria**

1. Each entry will be assigned a number by category. The name of the applicant, school and school system may be written on an index card and placed upside down under the display for identification after the judging.
2. Each category will be displayed and prepared in a different kitchen area.
3. Judges will review the score card for each category judged and enter a numerical number for each quality standard.
4. If a tie should occur after the tally is made from all the judges' score cards, the judges will decide first, second and third place.
5. The judges' score cards must be given to the culinary Arts Chair for final tabulation. The chair must record the total score of each participant. After the winners have been announced at conference and the scores recorded, the judges' score cards may be given to the participant.
6. Winners will be announced at GSNA State Conference. All monetary prizes and certificates will be awarded during an awards session at this conference.
7. All contestants are responsible for bringing all cooking equipment, food products and for all other supplies needed for product preparation. GSNA will not be held responsible for any equipment or displays damaged, misplaced etc.
8. See Judges' score card, attached to this document, for further information and breakdown of points credited for Quality Standards for this competition.
9. All district contestants must have won at the local level. All state contestants must have won at the district level.

**Contestants at the district and state level may only enter in ONE category**

**Awards for District Level:** Certificates are available by contacting Daphne Webb at [daphne@georgiaschoolnutrition.com](mailto:daphne@georgiaschoolnutrition.com).



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### **Judging - Judges for all competitions**

Judging will be conducted at the district and state competition by those

- Knowledgeable in school food service
- Knowledgeable in food production

State judges will receive training on the guidelines and judging criteria.

Districts are encouraged to provide training on the guidelines and judging criteria.

The local winning recipe entry forms must be submitted to the District Culinary Chair by **February 1, 2023**.

The district winning recipe entry forms must be submitted to GSNA Headquarters by **March 1, 2023**.

(No exceptions)

The same recipe used at the local competition must be used at the district competition, and then must be used at the state competition.

The first-place district winner in each category is **required** to participate in the **on-site** state competition to be eligible in the state contest. State competition will be held at **Jackson High School, Jackson Ga, Date TBA**.

State competition starts at 8:00 AM and food preparation ends at 2:00 PM. Sign in/registration starts at 7:30 AM. Please do not arrive any earlier than 7:30 AM. To be held at **Jackson High School, Jackson Ga., Date TBA**

Contestants must prepare a maximum of **6** servings and present **3** sample servings of the entry for judging.

**Entry Guidelines** – reduction in points or elimination from competition may occur for any missing element

1. District judging should be completed by **February 1, 2023**.
2. **One entry per person**
3. Submit the following items **for those competing in the State Competition**:
  - a. District entry form
  - b. Standardized recipe form
  - c. Nutrient Analysis  
Include name of nutrient analysis program  
Recipe yield must match nutrition analysis
  - d. No entry fee required for participation
4. The district culinary arts chairperson will submit the winning information from the district competition to the state headquarters office by **March 1, 2023**.



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## General Information

### Writing the Recipe

To meet the needs of today's school nutrition programs food service recipes must:

1. Be acceptable to students.
2. Be economical
3. Be low in fat (<30% total calories from fat and < 10% calories from saturated fat)
4. Low sodium (grades k-5  $\leq$  1230 mg, grades 6-8  $\leq$  1360 mg, grades 9-12  $\leq$  1420 mg)
5. Low in calories (max calories for entire lunch: grades k-5 650 calories, grades 6-8 700 calories, grades 9-12 850 calories)
6. Minimum number of ingredients and steps for preparation
7. Be practical in school meal production and service environment
8. *Use USDA commodities to the maximum*
9. Include component crediting.

### Standardized Recipes

**Recipes must be standardized for school food service use.**

Standardized recipes provide a list of measured ingredients and a set of directions for preparation and service. These are necessary to prepare a menu item of consistent quality, consistent portion size and consistent nutritional value.

Standardized recipes insure

- quality control
- fewer instances of "running out" and substitutions
- improved cost control
- time savings in food preparation
- closer control of inventory
- ensure that anyone with basic cooking skills can produce consistent results every time

A standardized recipe contains

1. Recipe name and how it credits in meal plan
2. Classification – bread, dessert, salad, soup, entrée, etc.
3. Ingredients List – form, pack, measure or weight of each item
4. Preparation Directions – method, times, temperatures for all cooking or baking
5. Service Directions – total yield, pan size, serving utensil, weight or measurement as served

All recipes submitted for the district and state contest must be submitted both as a standardized for **100 servings** and the **6 servings recipe**. Recipes must be reduced and prepared at state completion on site with a maximum of six servings – three of which will be presented for judging on a disposable plate or container and 3 will be used for samples for Attendees' Favorite.



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## **Recipe Writing Hints**

1. Use as few ingredients and preparation steps as possible – making the recipe labor efficient.
2. Use economical and commonly known ingredients.
3. List ingredients, quantities and directions in the appropriate columns in block form, in the order in which they are used in preparation of the final product.
4. Use both weight and volume measure for all dry ingredients. For liquids and seasonings in amounts less than 2 ounces use volume measures only.
5. For canned items use number and size of cans in the measure column and the total net weight of the cans used in the weights column.
6. Record weight in pounds and ounces, state volume measure in terms of standard measuring utensil, that is, teaspoons, tablespoons, cups, quarts and gallons.
7. Limit added fat and sodium to a minimal without jeopardizing acceptability.

## **Writing Directions**

Write directions for combining ingredients in step by step fashion: step 1, step two, etc.

Make directions as clear, concise, simple and complete as possible

Include descriptions of the condition or appearance of the product at various stages of preparation

Describe mixing times and speeds, cooking times and temperatures for both conventional and convection ovens or combi-oven. Include types and size of cooking equipment if it is important to the preparation process.

Record exact size baking pans and portioning utensils

Include amount of batter, dough or mixture, in both weight and volume measure, to be placed in each pan

Include spacing of the food on the pan if important to recipe success. (i.e. place cookies 3 inches apart on greased baking sheet)

## **Baking Directions**

Directions for baking should include oven temperatures in Fahrenheit degrees and length of cooking time.