KID'S CREATE
Recipe Contest

SAN DIEGO UNIFIED SCHOOL DISTRICT
Food and Nutrition Services

Official Entry Form
Due May 25, 2017
(no exceptions)

Name_____

_____

_____

Parent Helper_____

Grade_____ **School**_____

Teacher_____

Recipe Name:

Photo/Illustration Here

Ingredients:

Step by Step Instructions:

KID'S CREATE
Recipe Contest

SAN DIEGO UNIFIED SCHOOL DISTRICT
Food and Nutrition Services

4th Annual

Kid's Create Recipe Contest

Guidelines and entry form for SD Unified Students Grades K-12

Deadline: May 25, 2017

Think, Experiment, Create and WIN!

Put on those aprons and create a fun and delicious new dish that can actually be used in your school café! Get those creative juices flowing and enter the **Kid's Create Recipe Contest**.

Contest Guidelines

1. Open to any San Diego Unified student grades K-12. Individual entries only - no groups or teams. Parents and/or teachers are permitted to assist students, but not to create the recipe.
2. Create a recipe following the guidelines for your grade group.

   THE HUMANE SOCIETY OF THE UNITED STATES

   Grades K-5 Challenge: Create a Meatless Monday dish for your Kid's Choice Café. The dish must include either a whole grain tortilla, whole grain pasta or whole grain rice. It must also include a source of protein (not more than 2 ounces). Choose from cheese, tofu, hard cooked egg, yogurt or beans (black, pinto, kidney or garbanzo). If you would like to serve salsa or a sauce with your Meatless Monday dish, include a recipe for the salsa or sauce.

   fresh MUSHROOMS

   Grades 6-12 Challenge: Build a Better Burger for your SanDi Coast Café. The burger must include a mushroom-blend beef patty on whole grain bread (hamburger bun, flatbread, etc.) Use your creativity to dress up the burger - turkey bacon, cheeses, vegetables, sauces - the possibilities are endless. If you would like to serve a sauce with your burger, include a recipe for the sauce.
3. For both the K-5 and 6-12 challenges, add additional ingredients but keep it simple. Think fresh, healthy and delicious! **Each recipe may contain no more than 10 ingredients, including the salsa or sauce.**
4. Recipes should be easy to prepare in a school kitchen. No grilling, barbecuing or frying.

How to Enter

Create a recipe, fill out this entry form, include a photo or drawing, and send to the *Kid's Create Recipe Contest* one of three ways:

1. Mail to ***Kid's Create Recipe Contest***, 6735 Gifford Way, Room 5, San Diego, CA 92111.
2. Email to: kidscreaterecipe@sandi.net. Send the entry form along with a photo or drawing as attachments.
3. Put it in an envelope and turn it into your school cafeteria. Put ***Kid's Create Recipe Contest*** on the outside of the envelope.

Do not send food. All entries must be in English and received or postmarked by May 25, 2017.

Prizes!

Prizes will be awarded to 1st, 2nd, and 3rd place winners in both grade categories K-5 and 6-12. Only one prize will be awarded for each winning recipe.

Judging
Judging will be based on appearance and taste; creativity and originality; composition and nutrient content; and simplicity of preparation/ease of production in school kitchens.

1st Place: An Amazon Fire Tablet
2nd Place: $40 Amazon gift card
3rd Place: $25 Amazon gift card

K-5 Challenge Sponsored by The Humane Society — THE HUMANE SOCIETY OF THE UNITED STATES

6-12 Challenge Sponsored by The Mushroom Council — fresh MUSHROOMS