



South Amboy Elementary School Elementary Culinary Competition

TO: All Principals and Teachers
FROM: Robin Pinchak
DATE: 4/12/18

Hello everyone,

We're thrilled to introduce this great new concept to your school. As this is the first year, it's probably best to restrict the entries to only 4th and 5th grade for this year. In the future, we may open it up to more grades.

The whole concept of this is to help educate the kids in HEALTHY EATING HABITS. Too often we hear about obesity in kids and kids not making the right choices in terms of their eating habits. That's why we want kids to submit recipes for their **favorite after-school snack!** Final judging (see below) will be based on:

- Health-conscious foods
- Simple, kid-friendly preparation
- Fun kid-foods
- Judge's Choice
- Best Table Presentation

Timeline of what will happen:

1. Kids in 4th and 5th grades that want to participate fill out a recipe card.
2. Teachers collect the recipe cards and give them to the Main Office.

3. Main Office give all collected recipes to **the cafeteria** no later than **April 26, 2018**.
4. A Panel of Administrators narrow down recipes to 3 kids per school.
5. Those finalists will be formally invited to a Culinary Competition "Cook-Off" on **May 23rd**, tentatively scheduled 4:00 PM

All Finalists will receive a framed plaque, a recipe book of all finalist's recipes, and Chef Coat, Apron and Hat.

The Local Press will be invited to take pictures of the kid's creations, and parents & teachers can view (and taste!) the final product during the event..

Transportation of kids will not be provided on the 23rd for the competition. Kids will need to be dropped off/picked up at South Amboy Elementary School.

Safety issues and staff supervision: Each Student will have a kitchen staff member assigned to them. This will ensure that safe food practices are followed, and no one gets harmed.

Please let me know if I can answer any questions or concerns.

Robin Pinchak

Food Service Director

South Amboy Schools

732-316-7668 x3237

robin.pinchak@sodexo.com (this is my preferred way to get a messages)





Name: _____

South Amboy Public School District
Culinary Competition Recipe Entry Form
Healthy After-School Snacks
Open to all 4th and 5th graders!

My Name	
My School	
My Grade	
My Teacher's Name	

Return to your Teacher by Wednesday, April 25th.
teacher: Please give to Janet in the Cafeteria

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "Method," which is what exactly to do here. Use the back of the paper if you need more room.