

# Culinary Arts / Creative Arts Competition

Are you planning to enter the 2022 Culinary Arts and Creative Arts Competition in Greensboro?

**At this time, we are planning for Culinary/Creative Arts registration packets to be available at the table outside of the Colony Room on the third floor of Koury Center. Only people who are participating in and judging the Culinary/Creative Arts competition will be allowed in the set-up area. We will have lots of volunteers to assist the ones entering. Please watch for the Spring 2022 Arrow for further details on set-up time, viewing, etc. You can contact Jamie Narron, Culinary/Creative Arts Chair at [jamie.narron@wilsonschoolsnc.net](mailto:jamie.narron@wilsonschoolsnc.net) with any questions.**

Please follow the competition rules EXACTLY to avoid disqualifications. The biggest challenge judge's face each year is contestants being disqualified. The major reason for disqualification is entering your item in the wrong category, missing recipe cards, using the incorrect theme or size for National School Lunch Week or National School Breakfast Week decoration, or simply not following the guidelines. Please make sure that you understand the requirements for the category you are entering. Please be sure to read all the instructions carefully and ask questions if something is not clear, prior to submitting your entry form. If you have questions, please email them to [jamie.narron@wilsonschoolsnc.net](mailto:jamie.narron@wilsonschoolsnc.net).

All entries will be judged by professionals who understand the program. They will disqualify entries not meeting the requirements and rules of the competition. Disqualified entries will be identified with the reason for disqualification.

In order to lessen confusion, the K-5 Food Based Menu Planning approach will be used for the following categories: Lunch/Entrée Meal, Sandwich/Wrap Plate, Ethnic Plate, School Breakfast, Meat/Grain Entrée, Grab n Go/Second Chance Breakfast, Entrée Salad, Commodity Fruit, Commodity Vegetable, NCDA Farm to School Vegetable, Whole Grain Side Dish.

The K-5 meal pattern guidelines follow:

<b>Breakfast Meal Pattern 2021-2022 K-5</b>		<b>Lunch Meal Pattern 2021-2022 K-5</b>
1 cup Fruit minimum per day		½ cup Fruit minimum per day
1 oz. Grain minimum per day		¾ cup Vegetable minimum per day
1 cup Milk minimum per day		1 oz. Grain minimum per day
		1 oz. Meat minimum per day
		1 cup Milk minimum per day

## **Mission Statement**

The mission of the School Nutrition Association of North Carolina Culinary/Creative Arts 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 **pre-registered** for the SNA-NC Annual Conference.
- 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 that time, entrants will receive their instruction packets. **Each participant is required to pick up his/her own instruction packet.**
- Only participants will be allowed in the show area during set-up and preparation. Participants must leave the show area prior to judging time. Name badges and culinary participation ribbons should be worn at all times participants are in the Culinary/Creative Arts area.
- No materials should identify the exhibit/item 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 individually pre-packaged items as this is the typical way those items are utilized in the school cafeteria.
- Each entry will be given a number and judged by number not by personal identification.
- 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.
- Entries may be sampled, touched, or otherwise handled.
- No prizes will be awarded to contestants who remove their entries before the specified competition viewing closing time.

### **Division I: Culinary Arts**

#### **5 Categories, 17 Competition Sub-Categories**

- A. School Lunch or Breakfast Plate – All entries should follow the K-5 Meal Pattern for 2021-2022 and must represent a complete reimbursable meal. Food components may be weighed or measured.**
- 1. Lunch / Entrée Meal** – Meat entrée is served with appropriate fruit(s), vegetable(s), grain, and milk. Examples: BBQ Chicken, Oven Roasted Chicken, Pizza, Spaghetti, Chili, or soup with protein.  
**Needs to be a reimbursable meal**
  - 2. Sandwich or Wrap Plate** – Entrée is served in a wrap, pocket or between appropriate grain. Entrée should include the meat and grain and be served with appropriate fruit(s), vegetable(s), and milk. Examples: Hot Dog, Cheeseburger, Chicken Fillet, Pita Bread, Croissant, Taco, Burrito, Open Faced Sandwich.  
**Needs to be a reimbursable meal**
  - 3. Ethnic Plate-** The entire tray must be ethnic food.  
**Needs to be a reimbursable meal**
  - 4. School Breakfast Plate** – The plate should be made up of items that make a reimbursable meal for breakfast. Example: Muffin/Fruit/Milk, Breakfast Pizza/Fruit/Milk, Chicken Biscuit/Fruit/Milk, Sausage Biscuit/Juice/Milk.  
**Needs to be a reimbursable meal.**
- B. Entrée Category – An Entrée is defined as a combination food item intended as the main component of the meal. All entries must be accompanied by a recipe card, no size restriction. All entries should follow the K-5 Meal Pattern for 2021-2022. It is recommended that prepackaged items not be used.**
- 1. Meat/Meat Alternative Entrée** – Protein/grain entrée that meets the minimum USDA recommended serving size. Entrée must contain the meat / MA components. May be protein/grain, sandwich, wrap, etc. Examples: fish sandwich, pork roast/roll, Caesar chicken wrap, chicken salad/roll, ethnic entrée such as teriyaki beef/rice.
  - 2. Grab n Go/Second Chance Breakfast** – Breakfast entrée that meets the current minimum USDA recommended serving size. Emphasis is on the convenience and marketability. Entry must be composed of three ingredients or more. Must be displayed the way it is served and displayed on a tray.

3. **Entrée Salad** – Meat/meat alternative entrée salad that meets the minimum USDA recommended serving size. Must include at least ½ cup serving of vegetable subgroups as specified in the USDA Food Buying Guide in addition to the salad mix. Examples: Taco Salad with chips/black beans/taco meat, grilled chicken with leafy greens/corn salsa.
- C. Single Component Fruit/Vegetable/Grain Categories - All entries must be accompanied by a recipe card, no size restriction. Serving size must be a minimum ½ cup. (Consider a buffet style presentation also)**
1. **Commodity Fruit** -- A commodity fruit dish that has been prepared to be served as part of a reimbursable meal. The entry must include at least two ingredients, one being the commodity fruit.
  2. **Commodity Vegetable** --A commodity vegetable dish that has been prepared to be served as part of a reimbursable meal. The entry must include at least two ingredients, one being the commodity vegetable.
  3. **NCDA Farm to School Fruit or Vegetable** -- Any Farm to School fruit or vegetable entry that has been prepared and served as part of the reimbursable meal. The entry must include at least two ingredients. The main ingredient must be the fresh fruit or vegetable product/products from the most recent Farm to School product calendar available at: <http://www.ncfarmtoschool.com/htm/downloads/cal.htm> . Participation in Farm to School program by the LEA is not a requirement for entry in this category. If the product chosen is out of season, participant may use purchased product representative of the Farm to School product.
  4. **Whole Grain Side Dish (Non-Bread)** –Any grain product designed as part of the reimbursable meal. The item must meet grain minimum USDA recommended meal pattern contribution for K-5 meal pattern. Examples, rice pilaf, couscous, chicken, and rice soup (soup does not fulfill meat/meat alternate meal pattern contribution), pasta salad.
- D. Bread Categories - Entries do not have to meet minimum meal pattern contributions. All entries must be accompanied by a recipe card, no size restriction.**
1. **Yeast/Sweet Yeast Breads**—Examples: Cinnamon buns, sweet rolls, wheat yeast rolls, cinnamon rolls.
  2. **Muffins and Biscuits**
  3. **Quick Bread**—Examples: **Banana Bread, Orange Pumpkin Loaf, Zucchini Bread or Apple breakfast bread**
- E. Dessert Categories – Entries do not have to meet meal pattern contributions. Entries should be homemade. A serving should be displayed for sampling. The same should be cut or part of the original entry. All entries must be accompanied by a recipe card, no size restriction.**
1. **Cookies** - All types: rolled, dropped and bar cookies, Brownies and Peanut Butter Delight are cookies.
  2. **Cakes** – Any style of cake with minimal decoration
  3. **Cupcakes** – Any kind of cupcakes

### **Culinary Arts Judging Criteria**

1. All entries will be pre-judged to make certain they meet all the criteria.
2. Category winners will be determined by accumulated points based on the following criteria:

#### **Appearance (25 points):**

- Compliance with the USDA meal pattern guidelines for portion sizes for grades K-5
- Pleasing appearance
- Even coloring, shape, well proportioned

#### **Taste (25 points):**

- Well blended flavors
- Pleasing to the palate
- No overly strong flavors or “off” flavors

### **Presentation (25 points)**

- Item is displayed neatly and merchandised properly and is attractive and has eye appeal.
- All tools, special equipment and utensils, serving/display dishes, garnishes, etc., must be supplied by the participant.
- Non-reimbursable items are not required to be displayed or typical of a school cafeteria.

### **Composition/Degree of Difficulty/Use of School Food (25 points)**

- Cooking techniques necessary to prepare entry, logical use of time/resources
  - Adherence to recipe
  - Use of school food
  - Commodity and Farm to School category entries must have required ingredients
  - Categories requiring recipe, must have recipe that does not identify the participant or the participant's county or school.
3. Reimbursable entries should be typical of food served to students in the child nutrition programs and be prepared as they would be served in school cafeterias, excluding breads and desserts categories.
  4. Foods normally served hot will be displayed in cooked form and cold foods will be displayed in the form normally used.
  5. May display single serving or entire dish; however, table space is limited to the 12" x 18" placement place setting per entry.
  6. Plates, entrée categories and single component categories will not be taste tested therefore judging criteria will exclude the taste criteria, with 75 total points being the highest possible accumulation for any individual entry.
  7. **ONLY ONE (1) ENTRY PER CULINARY ARTS CATEGORY, UP TO FIVE (5) CATEGORIES PER PERSON WILL BE ACCEPTED (5 total).** Please read rules carefully for each category.

## **Culinary Arts Awards**

1. **Plaques and ribbons** will be awarded to first, second and third place winners in each of the categories.
2. **The Ralph W. Eaton Trophy** – will be awarded for the best of show over-all. It will be selected from the winners of best in show complete school lunch or breakfast plate, entrée, single component, bread, and desserts categories.
3. **The Best of Show Trophy – Complete School Lunch or Breakfast Plate** – will be awarded for the best complete plate. It will be selected from the first-place winners in the four plate categories.
4. **The Best of Show Trophy – Entrée** – will be awarded for the best entrée. It will be selected from the first-place winners in the three entrée categories
5. **The Best of Show Trophy - Single Component** - will be awarded to the best single component. This award will be selected from the first-place winners in the four single component categories.
6. **The Best of Show Trophy – Breads** will be awarded to the best bread. This award will be selected from the first-place winners in the three bread categories
7. **The Best of Show Trophy – Desserts** – will be awarded to the best dessert. This award will be selected from the first-place winners in the three dessert categories.
8. **Judges reserve the right** to limit awards if there are too few entries for adequate competition.

## Division II: Creative Arts

### 4 Competition Categories

**Creative Arts – Entries should not exceed 25” wide x 25” long x 36” high but can be smaller. Entry will be disqualified if the incorrect theme or size is used or if the size is exceeded. SIZE IS IMPORTANT!**

**A. National School Lunch Week Decoration** – Use the **2021 School year theme** for National School Lunch Week, “Wild About School Lunch”

**B. Breakfast Week Decoration** – Use the **2022 School year** theme for National School Breakfast Week, “Take Off with School Breakfast.”

**C. Decorated Special Occasion Cakes** – Sheet or tiered cakes where emphasis is on decoration.

Must be entirely edible, with the exception of supports for tiered cakes.

**D. Farm to School Display** – Any display using a Farm to School product/products. Requires the use of a fresh fruit or vegetable product/products from the most recent Farm to School product calendar available at

<http://www.ncfarmtoschool.com/htm/downloads/cal.htm>

Participation in Farm to School program by the LEA is not a requirement for this category. Fresh produce items used in the display are limited to those grown in North Carolina. For example, bananas and oranges are not allowed since they are not grown in North Carolina.

### 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. Entries for National School Lunch Week and National School Breakfast Week Decorations categories will be disqualified for not using the correct theme as outlined in the category descriptions above.
4. Size Restrictions: Entry will be disqualified if it exceeds size restrictions.  
**Seasonal Category Only:** 25” Wide x 25” Long x 36” High, but can be smaller
5. **ONLY ONE (1) ENTRY PER CREATIVE ARTS CATEGORY, PER PERSON WILL BE ACCEPTED (4 max).** Please read rules carefully for each category.

### Creative Arts Judging Criteria

1. Overall appearance.....50 points
  - Pleasing appearance, skill in assembly
  - Appropriate for occasion and use in school foodservice
  - Shows originality
  - Colors appropriate, shows wise use of time and materials
2. Techniques and Designs.....50 points
  - Demonstrates a unique design or idea
  - Creative and imaginative, consistent in design
  - Uses correct theme for 2021-2022 NSLW and 2021-2022 NSBW

### Creative Arts Awards

1. **Plaques and ribbons** will be awarded to first, second and third place winners in each of the four categories.
2. **Best of Show Trophy – Creative Arts** - will be awarded to the best entry which will be selected from the first-place winners in each of the four Creative Arts categories.

## SNA-NC Culinary Arts/Creative Arts Competition 2022 Entry Form

**PLEASE PRINT CLEARLY AND COMPLETE EACH LINE. THIS FORM MUST BE LEGIBLE.**

Person who submits entry must be a SNA-NC member and be **pre-registered** for the SNA-NC Annual Conference. Person submitting entry is required to pick up his/her registration packet on the day of competition. You may make copies of this form.

Please Print Name of Person Submitting Entry		Membership # required
School System	School Name	
Contact Address (PO Box or Street Address)		
City	State	Zip
Phone number with area code	Please Print Email Address	

Please give careful consideration before marking your choices. (NEW THIS YEAR) There *is a limit to the categories you may enter, you may enter up to 9 categories if you so choose.* If you have any questions regarding Culinary Arts, please contact [jamie.narron@wilsonschoolsnc.net](mailto:jamie.narron@wilsonschoolsnc.net) prior to submitting your application by May 6, 2022. Please read rules carefully for each category. You will receive an email confirmation within 2 weeks of receiving your entry. It is the responsibility of the entrant to verify registration prior to the competition.

### Culinary Arts Division (5 Categories)

#### Complete School Lunch or Breakfast Plate

- Lunch Entrée Meal
- Sandwich or Wrap Plate
- Ethnic Plate
- School Breakfast Plate

#### Entrée Category

- Meat/Meat Alternative Entrée
- Grab n Go/Second Chance Breakfast
- Entrée Salad

#### Single Component Category

- Commodity Fruit
- Commodity Vegetable
- Farm to School Fruit/Vegetable
- Whole Grain Side Dish

#### Bread Category

- Yeast Breads / Sweet Yeast Breads
- Muffins/Biscuits
- Quick Bread

#### Desserts Category

- Cookies
- Cakes
- Cupcakes

### Creative Arts Division (4 Categories)

- National School Lunch Week Decoration
- National School Breakfast Week Decoration
- Decorated Special Occasion Cakes
- Farm to School Display

Please send entry to: Jamie Narron, Director of School Nutrition, Wilson County Schools  
PO Box 3878 Wilson, NC 27895 or fax 252-399-0694  
or email to [jamie.narron@wilsonschoolsnc.net](mailto:jamie.narron@wilsonschoolsnc.net)  
Email is preferred.

**Must be postmarked or received via email by May 6, 2022.**