



Georgia School Nutrition Association
District/State Culinary Arts Competition



Serving Georgia's Children with Excellence **TOGETHER**

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. **Dessert: (WG Fruit Dessert) Crumbled Up Cobbler, Crisp or Pie: TOGETHER (Textures – are you crunchy or soft):** Create and prepare a delicious and nutritionist Dessert: Cobbler, Crisp or Pie. Dessert must include at least two different fruit and texture combinations. Serving size must credit as a ½ cup fruit and include a Georgia Grown or USDA Fruit. Please show crediting documentation on recipe.
2. **Lunch: (Entrée) Mashed up Casserole: TOGETHER (Flavor Profiles – are you salty or sweet):** Create and prepare a delicious and nutritionist Casserole Lunch Entrée with different flavor profiles that complement and highlight each other. Lunch Entrée must credit for a 2 M/MA and 1/4 cup Vegetable Equivalent. Please show crediting documentation on recipe.
3. **Lunch: (Side Dish) Mixed Up Vegetable Side Dish: TOGETHER (Colors – are you red or green):** Create and prepare a delicious and nutritionist Lunch Mixed Vegetable Side Dish using the two different types and colors of mixed vegetables. Lunch Side Dish must credit for ½ Vegetable. Please show crediting documentation on recipe.

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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Local and District Entry Form

School Name _____

Manager Name _____ Principal Name _____

School Address _____

City _____ Zip _____

Name of Person Submitting Entry _____

School Nutrition Title/Job: (Food Assistant, Manager, etc.) _____

Membership Number _____ Phone Number _____

Home Address _____

City _____ Zip _____

***Contestants are limited to entering and competing in ONE category at the district and state.**

Categories: must include at least **ONE Georgia Grown** product and/or commodity (*may use up to 3*).

Place a check by the category you choose to compete in:

Dessert: (WG Fruit Dessert) Crumbled Up Cobbler, Crisp or Pie: TOGETHER (Textures – are you crunchy or soft): Create and prepare a delicious and nutritionist Dessert: Cobbler, Crisp or Pie. Dessert must include at least two different fruit and texture combinations. Serving size must credit as a ½ cup fruit and include a Georgia Grown or USDA Fruit. Please show crediting documentation on recipe.

Lunch: (Entrée) Mashed up Casserole: TOGETHER (Flavor Profiles – are you salty or sweet): Create and prepare a delicious and nutritionist Casserole Lunch Entrée with different flavor profiles that complement and highlight each other. Lunch Entrée must credit for a 2 M/MA and 1/4 cup Vegetable Equivalent. Please show crediting documentation on recipe.

Lunch: (Side Dish) Mixed Up Vegetable Side Dish: TOGETHER (Colors – are you red or green): Create and prepare a delicious and nutritionist Lunch Mixed Vegetable Side Dish using the two different types and colors of mixed vegetables. Lunch Side Dish must credit for ½ Vegetable. Please show crediting documentation on recipe.

_____ Recipe includes at least **ONE Georgia Grown** product or commodity.

_____ Recipe is School Nutrition Applicable – Budget, Serving Size and Time Limitations.

_____ Ingredients in recipe are found on school bids

_____ Recipe meets USDA guidelines

Email or Mail this Entry Form with Standardized Recipe Form and Nutrient Analysis to Your District's Culinary Arts Chairperson

Postmarked no later than February 1, 2025



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State Entry Form

GSNA District _____ School System/County _____

School Name _____

School Address _____

City _____ Zip _____

Name of Person Submitting Entry _____

School Nutrition Title/Job: (Food Assistant, Manager, etc.) _____

Email Address _____

Membership Number _____ Phone Number _____

Home Address _____

City _____ Zip _____

***Contestants are limited to entering and competing in ONE category at the district and state.**

Categories: must include at least **ONE Georgia Grown** product and/or commodity (*may use up to 3*).

Place a check by the category you choose to compete in:

Dessert: (WG Fruit Dessert) Crumbled Up Cobbler, Crisp or Pie: TOGETHER (Textures – are you crunchy or soft): Create and prepare a delicious and nutritionist Dessert: Cobbler, Crisp or Pie. Dessert must include at least two different fruit combinations. Serving size must be credit as a ½ cup fruit and include a Georgia Grown or USDA Fruit. Please show crediting documentation on recipe.

Lunch: (Entrée) Mashed up Casserole: TOGETHER (Flavor Profiles – are you salty or sweet): Create and prepare a delicious and nutritionist Casserole Lunch Entrée with different flavor profiles that complement and highlight each other. Lunch Entrée must credit for a 2 M/MA and 1/4 cup Vegetable Equivalent. Please show crediting documentation on recipe.

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_____ Recipe is School Nutrition Applicable – Budget, Serving Size and Time Limitations.

_____ Ingredients in recipe are found on school bids

_____ Recipe meets USDA guidelines

Email or Mail this Entry Form with Standardized Recipe Form and Nutrient Analysis

2372 Main Street, Tucker, GA 30084 or info@georgiaschoolnutrition.com

Postmarked no later than March 1, 2



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Judge # _____

***Contestants are limited to entering and competing in one category at the district and state level.**

Entry Number _____ Contest Rules Adhered To ____ Yes ____ No

Dessert: (WG Fruit Dessert) Crumbled Up Cobbler, Crisp or Pie: TOGETHER (Textures – are you crunchy or soft): Create and prepare a delicious and nutritionist Dessert: Cobbler, Crisp or Pie. Dessert must include at least two different fruit and texture combinations. Serving size must credit as a ½ cup fruit and include a Georgia Grown or USDA Fruit. Please show crediting documentation on recipe.

Recipe Standards	Perfect Score	Score Received
Quality Standard		
Appearance		
Appetizing – colorful and attractive to the eye	15	
Texture and Consistency		
Not Dry or Too Moist – Contrasting Textures and Consistency	15	
Flavor and Eating Quality		
Dish is pleasant tasting, unique in flavor and ingredients	25	
Dish consist of a minimum of two different fruits	5	
Nutritional Quality		
Dish is low in fat, calories and sodium based on nutrient analysis provided.	15	
Dish credits as stated in the recipe description and is applicable for use in School Food Service.	10	
Sanitation and Food Safety		
Gloves are worn during food prep and plating Proper hand washing procedures are practice at all times Proper taste testing methods are practiced at all times Proper sanitation methods are practiced during preparation	10	
Service Temperature – Documented at the point of product completion Hot Dish 140° to 180° (depending on product) Cold Dish 34° to 40°	5	
TOTAL SCORE	100	



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Lunch: (Entrée) Mashed up Casserole: TOGETHER (Flavor Profiles – are you salty or sweet): Create and prepare a delicious and nutritionist Casserole Lunch Entrée with different flavor profiles that complement and highlight each other. Lunch Entrée must credit for a 2 M/MA and 1/4 cup Vegetable Equivalent. Please show crediting documentation on recipe

Recipe Standards	Perfect Score	Score Received
Quality Standard		
Appearance		
Appetizing – colorful and attractive to the eye	15	
Texture and Consistency		
Not Dry or Too Moist – Contrasting Flavor Profiles	15	
Flavor and Eating Quality		
Dish is pleasant tasting, unique in flavor and ingredients	25	
Dish includes ¼ cup creditable vegetable serving	5	
Nutritional Quality		
Dish is low in fat, calories and sodium based on nutrient analysis provided.	15	
Dish credits as stated in the recipe description and is applicable for use in School Food Service.	10	
Sanitation and Food Safety		
Gloves are worn during food prep and plating Proper hand washing procedures are practice at all times Proper taste testing methods are practiced at all times Proper sanitation methods are practiced during preparation	10	
Service Temperature – Documented at the point of product completion Hot Dish 140° to 180° (depending on product) Cold Dish 34° to 40°	5	
TOTAL SCORE	100	



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Judge # _____

***Contestants are limited to entering and competing in one category at the district and state level.**

Entry Number _____ **Contest Rules Adhered To** ___ Yes ___ No

Lunch: (Side Dish) Mixed Up Vegetable Side Dish: TOGETHER (Colors – are you red or green):

Create and prepare a delicious and nutritionist Lunch Mixed Vegetable Side Dish using the two different types and colors of mixed vegetables. Lunch Side Dish must credit for ½ Vegetable. Please show crediting documentation on recipe.

Recipe Standards	Perfect Score	Score Received
Quality Standard		
Appearance		
Appetizing – colorful and attractive to the eye	15	
Texture and Consistency		
Not Dry or Too Moist – Contrasting types of vegetables and Consistency	15	
Flavor and Eating Quality		
Dish is pleasant tasting, unique in flavor and ingredients	25	
Dish consist of two different color vegetables encompassed in dish	5	
Nutritional Quality		
Dish is low in fat, calories and sodium based on nutrient analysis provided.	15	
Dish is credits as stated in the recipe description and is applicable for use in School Food Service.	10	
Sanitation and Food Safety		
Gloves are worn during food prep and plating Proper hand washing procedures are practice at all times Proper taste testing methods are practiced at all times Proper sanitation methods are practiced during preparation	10	
Service Temperature – Documented at the point of product completion Hot Dish 140° to 180° (depending on product) Cold Dish 34° to 40°	5	
TOTAL SCORE	100	



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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, 2025**
 - 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, 2025**
 - b. District entry form
 - c. Standardized recipe form
 - d. 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 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 group will be prepared at different time periods with contestants having an assigned area in the kitchen. One Judge will be placed in kitchen for judging of Sanitation and Food Safety only. Other judges will remain in judging area outside of 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 on line at:

<http://www.georgiaschoolnutrition.com/Resources/Culinary-Arts-Competition> or contact Daphne at 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, 2025**.

The district winning recipe entry forms must be submitted to GSNA Headquarters by **March 1, 2025**.
(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 **Date and location 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 **Date and Location 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, 2025**.
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, 2025**.



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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.
10. Include serving size and be sure serving presented to judges matches serving size listed on standardized recipe.

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.



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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

1. Write directions for combining ingredients in step by step fashion: step 1, step two, etc.
2. Make directions as clear, concise, simple and complete as possible.
3. Include descriptions of the condition or appearance of the product at various stages of preparation.
4. 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.
5. Record exact size baking pans and portioning utensils.
6. Include amount of batter, dough or mixture, in both weight and volume measure, to be placed in each pan.
7. 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.