

**NUTLEY HEALTHY SCHOOL LUNCH RECIPE CONTEST  
PARTICIPANT'S GUIDE 2011-2012**



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## Nutley Healthy School Lunch Recipe Contest Participant's Guide

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### I. INTRODUCTION

Welcome to the Nutley Healthy School Lunch Recipe Contest! Your challenge is to create your own nutritious, delicious recipe for a school lunch. This is your chance to express your creativity while learning hands-on about the principles of healthy eating.

Since our district participates in the National School Lunch Program, which ensures that all students have access to lunch in school regardless of their ability to pay, our school lunches must meet certain nutritional standards. These standards are becoming better and stronger than ever before under the **Healthy, Hunger-Free Kids Act of 2010**.

The healthy school lunch you create will be consistent with the guidelines that the Institute of Medicine is developing under the Healthy, Hunger-Free Kids Act, which have been published in ***School Meals: Building Blocks for Healthy Children***. These guidelines want to make sure that our school lunches reflect the latest dietary guidelines from the US Department of Agriculture and the US Department of Health and Human Services called ***Dietary Guidelines for Americans***. The goals of these guidelines are to promote health, reduce the risk of chronic diseases, and reduce the prevalence of overweight and obesity through better nutrition and physical activity.

Unfortunately, more than one-third of children and two-thirds of adults in the US are overweight or obese. Healthy foods in the right amount combined with physical activity are the key to reversing this alarming trend. Your healthy school lunch recipe and what you learn creating it will be part of the solution!

### II. PARTICIPANT CATEGORIES

Participants are grouped and judged by the following grade levels (as of September 2011):

- **Kindergarten through 2<sup>nd</sup> Grade**
- **3<sup>rd</sup> through 5<sup>th</sup> Grades**
- **6<sup>th</sup> through 8<sup>th</sup> Grades**
- **9<sup>th</sup> through 12<sup>th</sup> Grades**

Participants can work individually or in teams of up to 5. Teams with participants in different contest grade levels will be judged at their team's highest grade level.

Parents are encouraged to work with their children and teens on contest recipes.

### III. CONTEST CALENDAR

#### Important Dates & To-Do's

Date	To-Do
On or before November 30, 2011	1. Submit Your Enrollment Form
On or before January 7, 2012	2. Submit Your Written Recipe Using the Official Contest Recipe Submission Form
On or before January 21, 2012	2a. Receive Email Confirmation that Your Recipe Meets Contest Requirements -or- Receive Email Feedback that Your Recipe Does Not Meet Contest Requirements and Needs Corrections
On or before January 28, 2012	<i>Only for Recipes that Did Not Initially Meet Contest Requirements</i>  2b. Resubmit Your Corrected Recipe
On or before February 1, 2012	<i>Only for Recipes that Did Not Initially Meet Contest Requirements</i>  2c. Receive Email Confirmation that Your Updated Recipe Meets Contest Requirements
February 11, 2012	3. Bring Your Prepared Dish and Final Written Recipe to In-Person Judging Event (Nutley High School Cafeteria). Be Prepared to Briefly Introduce Your Recipe and Answer Any Questions from Judges.

#### 1. Submit Your Enrollment Form (Email, Fax, Mail, or Drop-off)

On or before November 30, 2011, all participants must submit their completed enrollment forms.

**Scan and email your completed enrollment form as an attachment to:**

[recipecontest@nutleynj.org](mailto:recipecontest@nutleynj.org)

-or-

**Fax your completed enrollment form to:**

973-661-9411

-or-

**Mail or drop off your completed enrollment form to:**

Department of Public Affairs

149 Chestnut Street

Nutley, NJ 07110

Attn: Healthy School Lunch Recipe Contest

#### 2. Submit Your Written Recipe (Email, Fax, Mail, or Drop-off)

On or before January 7, 2012, all participants must submit their written recipes in the official Recipe Contest Submission Form provided with your enrollment packet. **Please Note:**

**Participants must use the official form for their submissions.**

The purpose of this pre-submission is for the contest organizers to review submissions to ensure that they adhere to contest requirements.

**Scan and email your completed enrollment form as an attachment to:**

[recipecontest@nutleynj.org](mailto:recipecontest@nutleynj.org)

-or-

**Fax your completed enrollment form to:**

973-661-9411

-or-

**Mail or drop off your written submissions to:**

Department of Public Affairs  
149 Chestnut Street  
Nutley, NJ 07110  
Attn: Healthy School Lunch Recipe Contest

**2a. Receive Confirmation that Your Recipe Meets Contest Requirements or Feedback that Corrections Are Required (Email)**

On or before January 21, 2012, all participants will receive an email to confirm that their recipe meets contest requirements, or if it does not, what corrections are necessary. It is the responsibility of participants to incorporate feedback into their recipes in order to qualify for continued participation.

**Only for Recipes that Do Not Initially Meet Contest Requirements:**

**2b. Re-Submit Your Corrected Written Recipe (Email, Fax, Mail, or Drop-off)**

On or before January 28, 2012, participants who received feedback that their recipe required corrections must re-submit their written recipes.

**2c. Receive Confirmation that Your Corrected Recipe Meets Contest Requirements (Email)**

On or before February 1, 2012, participants who received feedback that their recipe required corrections will receive an email to confirm that their corrected recipe meets contest requirements. If a corrected recipe continues not to meet requirements, the contest organizers at their discretion may provide additional feedback or disqualify the participant from the contest.

**3. Bring Your Prepared Dish and Final Written Recipe to In-Person Judging Event, Nutley High School Cafeteria**

On February 11, 2012, all participants must bring their prepared dish and final written recipe to an in-person tasting event in the Nutley High School Cafeteria. Participants should be prepared to briefly introduce their recipe and answer any questions from the judges.

Judging by grade level will occur at the following times:

<b>Kindergarten through 2<sup>nd</sup> Grade:</b>	10:00 am
<b>3<sup>rd</sup> through 5<sup>th</sup> Grades:</b>	11:00 am
<b>6<sup>th</sup> through 8<sup>th</sup> Grades:</b>	12:00 pm
<b>9<sup>th</sup> through 12<sup>th</sup> Grades:</b>	1:00 pm

First-, second-, and third-place winners will be announced after judging for each grade level. The grand-prize winner will be announced at the conclusion of the event.

**IV. WINNER CATEGORIES**

Every recipe will be judged against others in its grade level (Grades K-2, 3-5, 6-8, 9-12) by a panel of judges from various food-, nutrition-, and wellness-related disciplines.

First-, second-, and third-place winners will be awarded in each grade level, plus one overall grand-prize winner will be selected from the first-place winners in each grade level. The grand-prize winner will have the highest overall score of all first-place winners. In the event of a tie, the judges in their sole discretion will make the determination of the grand-prize winner

The grand-prize winner's recipe will be incorporated in the Nutley School Lunch Menu for the 2012-2013 school year by our food-service provider, Chartwells. The other three first-place winning recipes will be featured for a limited time on the menus of select local restaurants.

All participants will be featured in and receive an electronic copy of the Nutley Healthy School Lunch Recipe Contest Cookbook.

**V. JUDGING CRITERIA**

Participants' recipes will be judged in their grade level on a scale of 1 to 10 in each of the following weighted categories:

**Nutrition (30%)**

Does the recipe meet the contest nutritional requirements?  
 Does the recipe reflect the spirit of the contest, i.e., healthy, delicious school food?

**Taste (30%)**

Does the dish taste good?  
 Do the ingredients and flavors work well together?  
 Is the dish properly seasoned and cooked?

**Presentation/Appeal (20%)**

Does the meal look appetizing?  
 Has the meal been presented in an appealing way?  
 Does the meal have a variety of colors and textures?

**Creativity (20%)**

Does the recipe demonstrate originality?  
 Does the recipe include creative ingredients or flavor combinations?  
 Is the meal interesting?

**VI. RECIPE REQUIREMENTS & GUIDELINES**

Here are the requirements and guidelines for developing your healthy school lunch recipe.  
*(Please Note: You must submit your written recipe in the official Recipe Contest Submission Form provided with your enrollment packet.)*

**A.** Your complete school lunch should include a main dish entrée **-or-** a main dish entrée plus up to 2 side dishes that incorporate the food group requirements below.

Your complete school lunch should also offer the option of milk or a milk alternative as a beverage:

Milk or Milk Alternative	1% or skim; fortified soy beverages	1 cup	<ul style="list-style-type: none"> <li>1% or skim milk</li> <li>Low- or fat-free fortified soy beverages</li> </ul>
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**B.** Your healthy school lunch **must** include:

Food Group	Types	Amount Per Serving	Some Examples
<b>VEGETABLES</b>	Dark green, orange/red, legumes (fresh, frozen, or canned)	¾ to 1 cup	<b>Dark Green:</b> <ul style="list-style-type: none"> <li>Beet Greens</li> <li>Bok Choy</li> <li>Broccoli</li> <li>Collard Greens</li> <li>Dark Green Leafy Lettuce (e.g., Romaine)</li> <li>Endive</li> </ul>

			<ul style="list-style-type: none"> <li>• Kale</li> <li>• Mesclun Lettuce</li> <li>• Mustard Greens</li> <li>• Spinach</li> <li>• Swiss Chard</li> <li>• Turnip Greens</li> <li>• Watercress</li> </ul> <p><b>Orange/Red:</b></p> <ul style="list-style-type: none"> <li>• Acorn Squash</li> <li>• Butternut Squash</li> <li>• Carrots</li> <li>• Hubbard Squash</li> <li>• Pumpkin</li> <li>• Red Peppers</li> <li>• Sweet Potatoes</li> <li>• Tomatoes</li> <li>• Winter Squash</li> </ul> <p><b>Legumes:</b></p> <ul style="list-style-type: none"> <li>• Black Beans</li> <li>• Black-Eyed Peas</li> <li>• Cannellini Beans</li> <li>• Garbanzo Beans (Chickpeas)</li> <li>• Great Northern Beans</li> <li>• Kidney Beans</li> <li>• Lentils</li> <li>• Lima Beans</li> <li>• Navy Beans</li> <li>• Pink Beans</li> <li>• Pinto Beans</li> <li>• Red Beans</li> <li>• Soybeans</li> <li>• Split Peas</li> </ul>
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Food Group	Types	Amount Per Serving	Some Examples
FRUIT	Fresh, frozen, canned, or dried	½ to 1 cup	<ul style="list-style-type: none"> <li>• Apples</li> <li>• Bananas</li> <li>• Berries</li> <li>• Cantaloupe</li> <li>• Dates</li> <li>• Figs</li> <li>• Grapes</li> <li>• Melons</li> <li>• Oranges</li> <li>• Peaches</li> <li>• Pears</li> <li>• Plums</li> <li>• Prunes</li> <li>• Raisins</li> </ul>

Food Group	Types	Amount Per Serving	Some Examples
<b>MEAT OR MEAT ALTERNATIVE</b>		1.6 to 2.4 ounces  1 large  ½ cup  2 ounces  6 ounces	<ul style="list-style-type: none"> <li>• Beef</li> <li>• Lamb</li> <li>• Pork</li> <li>• Poultry</li> <li>• Fish/Seafood</li> <li>• Soy Products</li> <li>• Seeds</li> <li>• Eggs</li> <li>• Beans &amp; Peas</li> <li>• Cheese</li> <li>• Yogurt</li> </ul>

Food Group	Types	Amount Per Serving	Some Examples
<b>GRAINS</b>	Half or more from whole-grain-rich sources	1.8 to 2.6 ounces	<b>Whole grains:</b> <ul style="list-style-type: none"> <li>• Whole grain flour (wheat, oat, barley, corn, rye, and/or brown rice)</li> <li>• Wheat berries</li> <li>• Cracked wheat</li> <li>• Bulgur</li> <li>• Whole oats</li> <li>• Oatmeal or rolled oats</li> <li>• Whole barley</li> <li>• Whole corn</li> <li>• Whole cornmeal</li> <li>• Brown rice</li> <li>• Whole rye</li> <li>• Kamut®</li> <li>• Farro</li> <li>• Spelt</li> <li>• Buckwheat</li> <li>• Amaranth</li> <li>• Millet</li> <li>• Quinoa</li> </ul>

**PLEASE NOTE: DUE TO ALLERGY CONCERNS, RECIPES MAY NOT INCLUDE NUTS.**

C. In addition to including the food groups described above, your healthy school lunch should take into account the following nutritional guidelines:

Nutrient	Guideline (Per Meal)
Calories	550-850* *Grade-based recommendations K-5: 550-650; 6-8: 600-700; 9-12: 750-850
Fat	<ul style="list-style-type: none"> <li>• Less than 30% of calories from fat.</li> <li>• Less than 10% of calories from saturated fat.</li> <li>• Zero trans fats.</li> </ul>
Sodium	Less than 740 mg

Although this is not a requirement of the Recipe Contest, if you would like to meet these guidelines, you can run your recipe through nutritional analysis using a free web-based calculator from Tony's Plate. Go to [www.tonysplate.com](http://www.tonysplate.com) and click "Calculator."

D. In the context of the National School Lunch Program, on average, each lunch must cost no more than about \$1.50. While your recipe **does not** need to meet this requirement, please keep in mind that **your recipe should not:**

- include specialty or hard-to-find ingredients;
- require any unusual appliances, tools, or kitchen equipment;
- be complicated or labor-intensive to prepare.

#### VII. ADDITIONAL CONTEST RULES

By submitting your enrollment form and participating in the Nutley Healthy School Lunch Recipe Contest, you agree to the following rules:

- Recipes **must** be original creations and not from published or copyrighted sources, otherwise violate the rights of any copyright owner, or breach any agreement or understanding with a third party. It is the participant's sole responsibility to ensure that he or she does not violate any copyrights or agreements. Nutley Healthy School Lunch Recipe Contest organizers, judges, sponsors, volunteers, representatives, and other agents are not liable for any copyright infringement or breach of an agreement made by the participant.
- Participants agree to have their name/likeness\* and recipe appear in print, web, broadcast, and any other media in connection with the promotion of or dissemination of information from or associated with the Nutley Healthy School Lunch Recipe Contest and related initiatives. (\*Participants may elect not to have their name/likeness used.)
- Participants may be determined to be ineligible and disqualified from the Nutley Healthy School Lunch Recipe Contest at the discretion of the contest organizers.

#### VIII. QUESTIONS?

If you have questions, please email [recipecontest@nutleynj.org](mailto:recipecontest@nutleynj.org) or call 973-284-4972. We will make every effort to provide the answers and information you need.