



LIVE WELL SAN DIEGO 2017 YOUNG MASTER CHEF COMPETITION

A HEALTHY COOKING EVENT

**SAVE
THE
DATE**

**DATE:
MAY 5, 2017**

**3PM TO 5PM
LOCATION: PCC**

In order to participate in the cooking competition the contractor must have at least one San Diego County dependant.

Participants limited to those who are ages 12 and up.



LIVE WELL SAN DIEGO

Please join us in our 4th “Live Well San Diego” Young Master Chef competition! This year we want to invite everyone to a “Beach Party”. Participants are asked to demonstrate their cooking talents by creating a healthy dish that you might serve at a beach party or event while remaining on a budget.

Group homes, FFA’s, and THP+ Foster Care placements are limited to two participants per main dish and one participant per dessert. **Group Homes, FFA’s, and THP + Foster Care are encouraged to host their own internal cooking competition to decide who will represent their agency in this event.**

Meals and desserts must be prepared in advance. Participants will be able to reheat and plate their submissions before judging. Participants must prepare **FOUR** servings to be presented on individual plates for the judges. Serving size should be the size of a deck of cards.

Foster Youth ages 12 and up are encouraged to participate in this one of a kind competition as part of the “Live Well San Diego” Campaign. Guest Judge panelists will include a who’s who of San Diego County.



All participants will be recognized with a certificate of participation and swag bag full of items that encourage participants to “Live Well.”

Grand prizes will be awarded to the top three chefs that excel in presentation, taste and integration of making a healthy dish and for the top three chefs that make a dessert.



LIVE WELL
SAN DIEGO

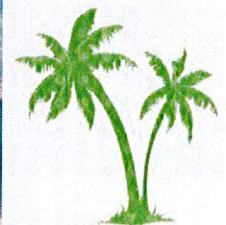
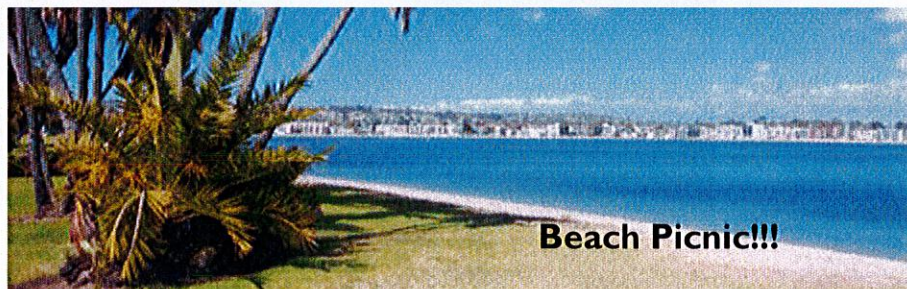
COUNTY OF SAN DIEGO



**FOR QUESTIONS AND TO RSVP BY 04-05-2017 PLEASE CONTACT:
DEBBIE O’KEEFE AT 858-616-5816 OR
DEBORAH.OKEEFE@SDCOUNTY.CA.GOV**



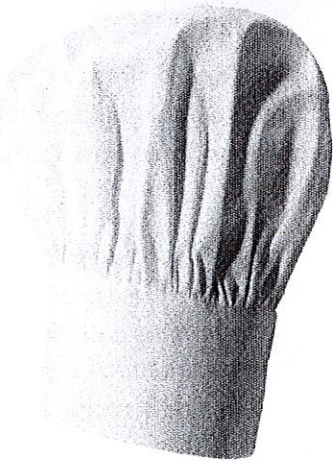
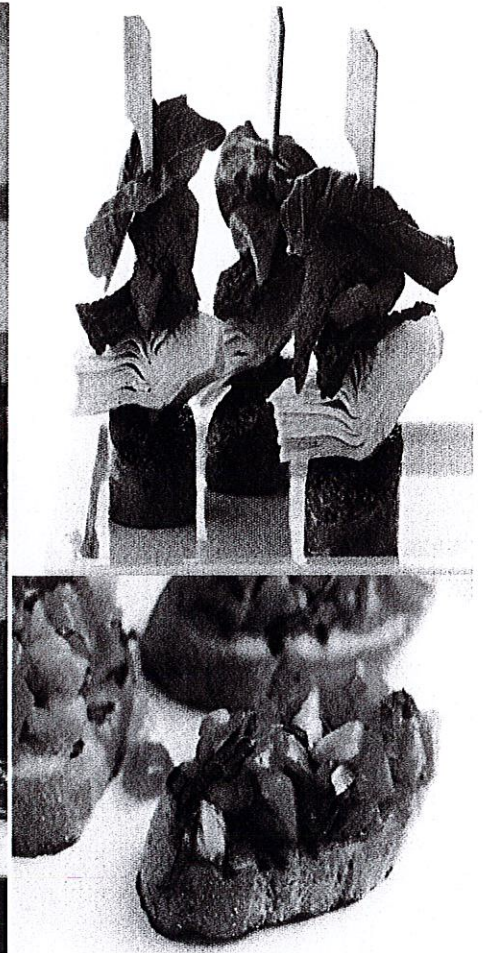
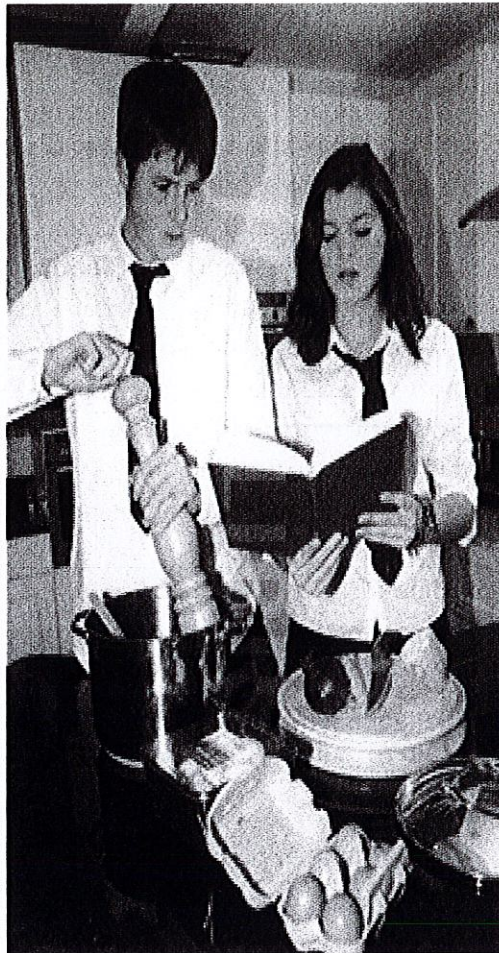
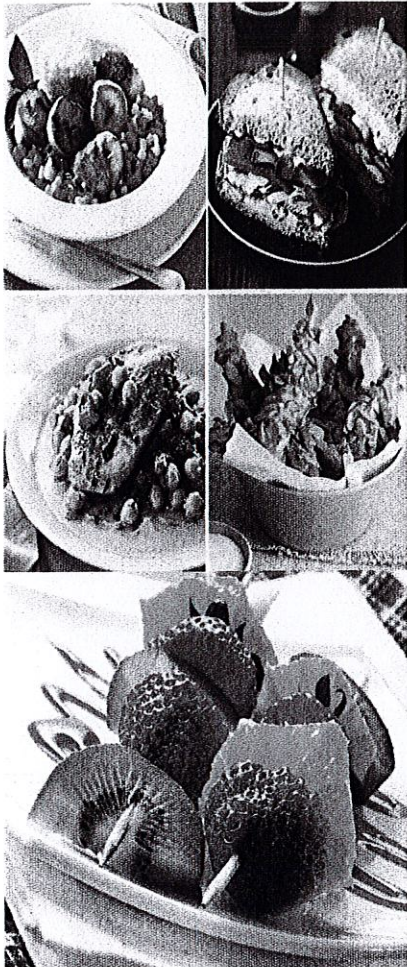
Foreground: The county of San Diego is committed to providing a comprehensive Children’s System of Care (CSOC) to meet the needs of children and youth in foster care and juvenile delinquency system. Because healthy food choices and physical activity are important focal points when crafting needs and services plans for youth in out-of-home placement, the group homes and transitional housing programs under contract with San Diego County will support the youth in developing and maintaining healthy lifestyles. Contractors will work with community partners to remove barriers inhibiting youth from participating on sport teams and other extracurricular activities promoting physical and mental health. The “Young Master Chef” cooking competition within and between contracted group homes, FFA’s and THP+FC will feature the culinary talents of the youth while teaching about locally sourced food, grocery shopping skills, portion size and measurement awareness, reading and following recipes, cooking times and presentation. The county consistently explores opportunities to enrich the lives of children and youth and promote opportunities for their success.



Introduction: The Young Master Chef competition is comprised of multiple components and is aimed at motivating participants to gain interest in cooking which is an essential skill as children become young adults. The purpose of the competition is to incite creativity and education regarding meal preparation in addition to the youth having fun and being acknowledged for their efforts in exploring healthier lifestyles.

Objectives: The programs are tasked with selecting their participants for the competition. The theme for this year’s competition is Beach Picnic. Participants are expected to present a healthy dish that they would serve at a picnic event or beach party. Participants can be as creative as they want, but we want them to keep in mind that the dish must be a healthier version of what they may usually take to an event. As the participants formulate the meals, they need to add their own unique taste and style to the meal. In other words, if they find a recipe online or in a cookbook, they need to change something in the ingredients and/or the preparation that makes it their own and keep the dish healthy. This will apply to the dessert portion of the competition as well. We are encouraging creativity and ingenuity. The submissions will be prepared prior to arriving at the designated location and the youth will have the opportunity to reheat and plate their submissions prior to judging. Presentation is a key theme this year as we want participants to present their dish with style and fun that you would see at a large picnic or beach party. The serving size of the dish must be similar to the size of a deck of cards.





Live Well San Diego Young Master Chef Competition May 5th, 2017



Rules and Instructions



Contest Rules and Guidelines: Healthy Meal Presentation

- ◇ Participants are limited to those who are 12 years and older.
- ◇ Participants must prepare a creative healthy version of a favorite dish. Participants will be able to reheat and plate their submissions prior to judging
- ◇ Judging criteria includes: Taste, Presentation, Integration of Theme, Creativity and Serving Size
- ◇ Participants must prepare **four** servings of the dish that will be presented on individual plates for the judges. Servings should be the size of a deck of cards.
- ◇ A submission of the recipe(s) and instructions of how the meal was prepared including the nutritional value.
- ◇ Each participant will also complete a brief questionnaire that highlights what they learned/gained from this experience.
- ◇ Participants must submit their intent to participate **no later than April 5th, 2017** to Lyn Worthington at 858-616-5848 or sheilalyn.worthington@sdcounty.ca.gov

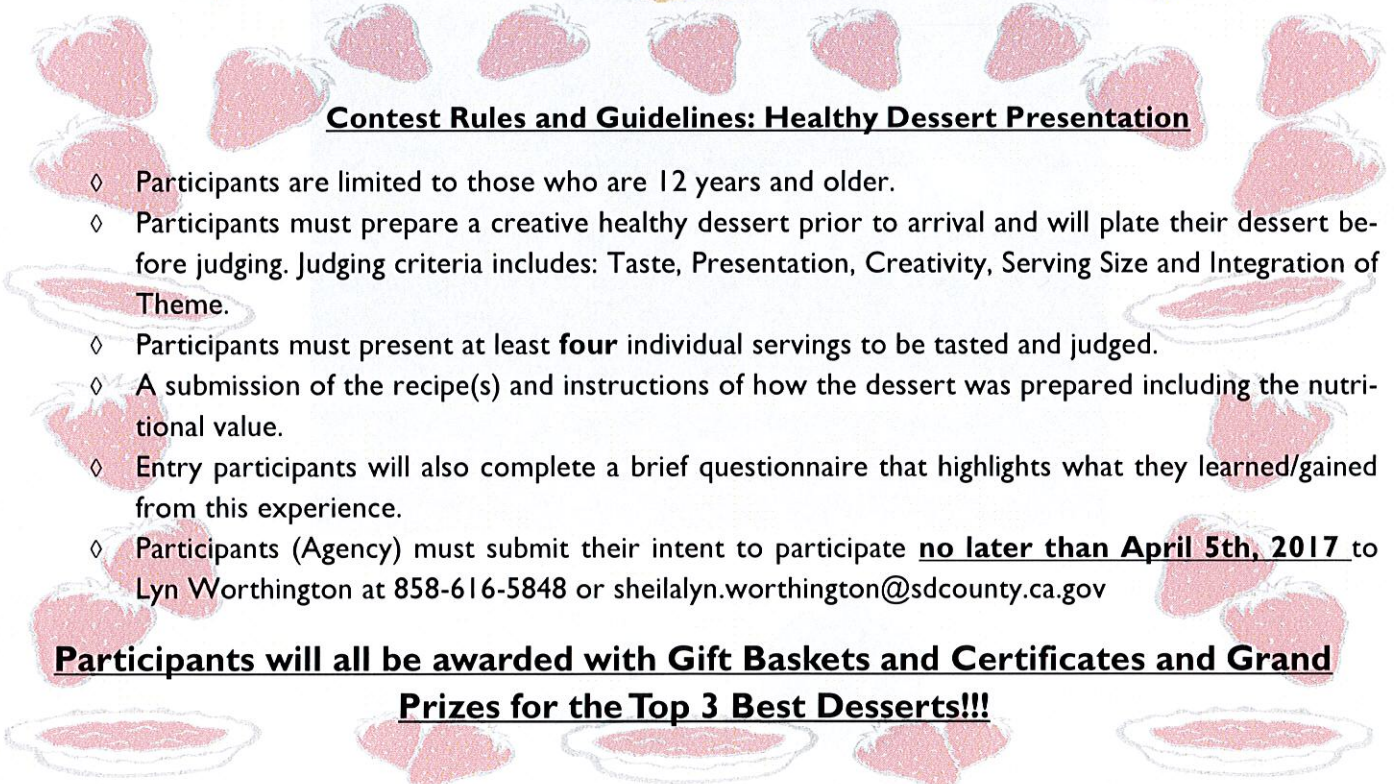
Participants will all be awarded with Gift Baskets and Certificates with Grand Prizes for the Top 3 Finalists!!



Contest Rules and Guidelines: Healthy Dessert Presentation

- ◇ Participants are limited to those who are 12 years and older.
- ◇ Participants must prepare a creative healthy dessert prior to arrival and will plate their dessert before judging. Judging criteria includes: Taste, Presentation, Creativity, Serving Size and Integration of Theme.
- ◇ Participants must present at least **four** individual servings to be tasted and judged.
- ◇ A submission of the recipe(s) and instructions of how the dessert was prepared including the nutritional value.
- ◇ Entry participants will also complete a brief questionnaire that highlights what they learned/gained from this experience.
- ◇ Participants (Agency) must submit their intent to participate **no later than April 5th, 2017** to Lyn Worthington at 858-616-5848 or sheilalyn.worthington@sdcounty.ca.gov

Participants will all be awarded with Gift Baskets and Certificates and Grand Prizes for the Top 3 Best Desserts!!!

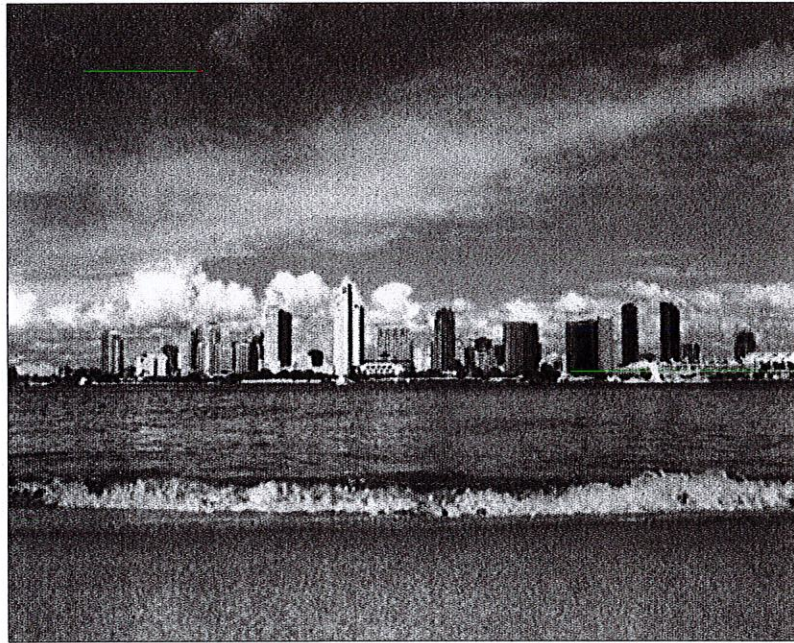




ADDITIONAL ONLINE RESOURCES

- ⇒ <http://www.choosemyplate.gov/kids/index.html>
- ⇒ <http://nutritiondata.self.com/mynd/myrecipes/welcome?returnto=/mynd/myrecipes>
- ⇒ <http://www.mayoclinic.org/healthy-lifestyle/recipes>
- ⇒ <https://www.acefitness.org/acefit/healthy-recipes/>
- ⇒ <http://www.superhealthykids.com/healthy-kids-recipes.php>
- ⇒ <http://kidshealth.org/kid/recipes/>
- ⇒ <http://sdfarmbureau.org/BuyLocal/Farmers-Markets.php>

We are excited to see you have fun in the sun at our
Beach Picnic Event!



LIVE WELL
SAN DIEGO



LIVE WELL SAN DIEGO YOUNG MASTER CHEF Contestant Questionnaire

Please include this questionnaire with your program's RSVP to the LIVE WELL event no later than April 5th, 2017 and fax to (858) 616-5921 along with the agency's point of contact information.

Agency Point of Contact Information: _____

Participant Name:

Participant age and birth date:

Group Home/FFA Name:

County Social Worker's Name/Probation Officer's Name:

Meal prepared:

How did you incorporate the theme?

Recipe – please attach

Town you live in:

Name of School & Grade:

What do you aspire to be when you grow up?

How do you spend your free time, i.e. hobbies, sports, activities?

What is your favorite food?

What was something you learned about cooking and/or food preparation?

What was fun about participating in this competition?