Live Well San Diego 2018 Young Master Chef Competition

SAVE THE DATE

Date:
April 6, 2018

3pm to 5pm Location:
Polinsky Children's Center, 9400 Ruffin Ct, SD 92123

In order to participate in the cooking competition the contractor must have at least one San Diego County dependant or non-minor dependent.

Participants limited to those who are ages 12 and up.

A Healthy Cooking Event

Please join us in our 5th *Live Well San Diego* Young Master Chef competition! This year we want to invite everyone to "**Celebrate International Cuisine**". Participants are asked to demonstrate their cooking talents by creating a healthy dish that celebrates our multicultural society.

Group homes, Foster Family Agencies (FFA), and Transitional Housing Program plus (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 dishes 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 12 and up are encouraged to participate in this one of a kind competition. Guest Judge panelists will include a who's who of San Diego County.

All participants will be recognized with a certificate of participation, receive a gift bag and have the opportunity to be entered in raffles for prizes.

Grand prizes will be awarded to the top three chefs that make a healthy entrée dish and for the top three chefs that make a dessert. The judging criteria will be presentation, taste and integration of a healthy dish.

For questions and to RSVP please contact:
Lyn Worthington at 858-616-5848 or
Sheilalyn.worthington@sdcounty.ca.gov

Please RSVP by March 16, 2018

County of San Diego HHSA Health and Human Services Agency

Live Well San Diego
livewellsd.org