



## Jump Start Breakfast Recipe Challenge

### Contest Rules and Guidelines

#### Background:

The Hawai'i State Department of Education's School Food Services Branch is making strides to introduce local, healthy, scratch-cooked meals into school cafeterias across the state through its 'Aina Pono programs. The Jump Start Breakfast program, led by First Lady Dawn Amano-Ige, continues that trend by encouraging schools to select and implement a breakfast model that works best for their students.

#### Challenge:

We are looking for healthy grab-and-go breakfast items created not just *for* kids, but *by* kids. So we're asking CTE culinary students to give us their ideas! Students will be tasked with forming a team and creating a baked breakfast goodie that could be part of the new Jump Start Breakfast menu.

School-based teams (one team per school) may submit one recipe for a baked breakfast item. The recipe will be scored by a team of judges based on the criteria in the attached score sheet.

#### Awards:

- 1<sup>st</sup> place: \$1,000.00 cash
- 2<sup>nd</sup> place: \$500.00 cash
- Honorable Mention: \$250.00 cash

#### Recipe Requirements Checklist (Must meet these requirements to qualify):

- Product must be a grain product;
- At least 51 percent of all flours or grain ingredients must be whole grain;
- Product must contain at least one of the following featured ingredients: breadfruit ('ulu), taro (kalo), pineapple, or banana;
- The featured ingredient from the list above must be fresh. No canned, dried, or imported processed products will be accepted. (Kalo and 'ulu processed and frozen in Hawai'i are allowable.);
- Product must be a single item that can fit into a paper bag;
- Product shall not require assembly of multiple components, such as a bento or parfait. (Examples of product include, but not limited to, muffin, pastry, breakfast bar, etc. The item may include a filling if desired);
- Product must be able to withstand being chilled in a refrigerator, or being frozen in a freezer as one of the following:
  - "Thaw and Serve" product – thawed before serving
  - "Heat and Serve" product – contains protein component such as egg, breakfast meat etc. that need to be heated to safe serving temperature before serving;
- Product must be prepared ahead of time – **NO PREP WILL BE ALLOWED ON SITE;** and
- Approximate cost per breakfast item must not exceed \$2.00

### Team Requirements:

- Only public, non-charter schools in Hawai'i are eligible to enter;
- Only one team may enter per school;
- Only one recipe per team/school can be entered; and
- Team should be comprised of at least two (2) high school students and a teacher or advisor.

### Timeline:

February 21, 2020, 3:00PM	Webinar for interested contestants. <a href="https://tinyurl.com/t5aemty">Link to register or (https://tinyurl.com/t5aemty)</a>
March 13, 2020, by midnight	Deadline for intent to participate <a href="https://tinyurl.com/rm5t9ku">FORM LINK or (https://tinyurl.com/rm5t9ku)</a>
April 13, 2020, by midnight	Recipes due (instructions to submit will be sent to participants who have indicated intent to participate)
April 22, 2020	Finalists selected
May 8, 2020	Final product presentation and judging*

### Instructions to Enter:

1. Attend informational webinar on **February 21 at 3:00PM**. [Link to register or \(https://tinyurl.com/t5aemty\)](https://tinyurl.com/t5aemty)
2. Form a team of students (see "Team requirements," above);
3. Submit intent to participate Google Form by **March 13** [FORM LINK or \(https://tinyurl.com/rm5t9ku\)](https://tinyurl.com/rm5t9ku)
4. Develop your recipe (please consult the recipe requirements in these guidelines). Schools may submit one recipe per category, for a maximum of two (2) recipes per school;
5. Develop and test a recipe that meets the requirements above. Technical assistance is available at the contact info below;
6. Submit recipe for first round of judging, **by April 13** (instructions will be sent to participants); and
7. ***If selected as a finalist, schools will need to:***
  - a. Attend in-person judging on O'ahu on May 8, 2020 [airfare will be available for up to three (3) participants from each neighbor island school – two (2) students and one (1) teacher];
  - b. Bring seven (7) servings of recipe item, delivered fully prepped (**NO PREP WILL BE ALLOWED ON SITE**);
  - c. Bring six (6) printed copies of recipe that lists all ingredients and detailed method of cooking; and
  - d. Bring a detailed breakdown of cost-per-serving for recipe.

### Judging:

1. Finalists' recipes will be evaluated by a panel of judges. Entries will be rated on taste, presentation, texture, health/freshness, and portability. Please see the attached score sheet;
2. Recipes that do not meet the recipe requirements will not be judged; and
3. Only recipes that have been reviewed and approved prior to the competition will be eligible to enter the competition.

<b>Direct inquiries to:</b>	
Inquiries about contest guidelines	Daniela Kittinger – Hawai'i Appleseed <a href="mailto:daniela@hiappleseed.org">daniela@hiappleseed.org</a>
Technical assistance with product development	Chef Tiffanie Masutani – La Tour Cafe <a href="mailto:tiffaniem@latourcafe.com">tiffaniem@latourcafe.com</a>

\* Judging will take place on O'ahu. Funds are available to fly over neighbor island finalists.

**JUMP START BREAKFAST  
STUDENT RECIPE COMPETITION**

SCORING SHEET

School Name	
Recipe Name	

**Required Qualifications:**

- Product is a baked grain item, using at least 50 percent whole grain flour;
- Approximate cost per serving is under \$2.00; and
- Recipe includes at least one of the following FRESH ingredients:
  - Breadfruit ('ulu)
  - Taro (kalo)
  - Pineapple
  - Banana

	Excellent	Good	Average	Fair	Poor	Score	Comments/ Suggestions
<b>TASTE (5):</b> Complementary blend of ingredients, seasoning, and flavors that harmonize well in terms of taste.	5	4	3	2	1		
<b>PRESENTATION/ APPEARANCE (5):</b> Attractive and appealing to the consumer (students).	5	4	3	2	1		
<b>TEXTURE (5):</b> Easy to eat product; mouthfeel is pleasing and able to consume within a reasonable time available for school breakfast.	5	4	3	2	1		
<b>HEALTH AND FRESHNESS (5):</b> Recipe uses fresh (from scratch) ingredients.	5	4	3	2	1		
<b>PORTABILITY (5):</b> Product is easy to serve or packaged for carry out as a grab-and-go breakfast item.	5	4	3	2	1		
<b>GRAND TOTAL</b>							/25

Judge's Name: \_\_\_\_\_