



Learn more and enter at
www.cookingupchange.org

Contest Entry Checklist

- Is your school lunch composed of three recipes (one entrée and two side dishes)?
- Have you used at least one locally sourced item?
- Have you only used ingredients from the Cooking up Change ingredient list?
- Do you have 5-10 photos? Have you captured your team, steps of the recipe development process and your finished dish?
- Have you answered the supplementary questions?
- Have you created a nutrition label for your complete meal?
- Does your meal meet the nutritional requirements?
- Have you completed the contest registration form?
- Is your teacher (or at least one team member) foodservice sanitation certified? Do you have a copy of the certificate?
- Are all team members and chaperones available to travel to Detroit May 16-18, 2010 should your team be chosen to compete in the final round?