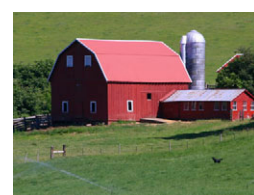
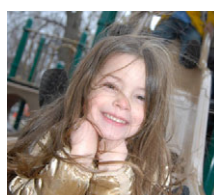


# Cooking up Change Healthy Cooking Contest



*At Cooking up Change 2008, teams of high school students studying culinary arts at public schools in Chicago had a chance to show just how tasty – and how healthy – a student-designed menu can be. This event builds on the excitement and enormous success of our first annual Cooking up Change Healthy Cooking Contest in 2007. The city-wide contest, presented in collaboration with the Chicago Public Schools (CPS) Education to Careers program, began with workshops on healthy cooking techniques and culminated with judging and awards at the benefit on Oct. 23.*

## **Celebrity judges, audience favorites**

Entries in the healthy school lunch category were judged by a panel of chefs and local celebrities. Student teams made presentations to the judges, sharing their inspiration behind the meal and answering questions. Entries were also evaluated by dietitians. Guests at the event had the opportunity to taste the delicious recipes that each team submits to the judges.

## **Winning lunch to be served throughout Chicago high schools**

The student-designed school meal that placed first in the contest was served for lunch in all Chicago public high schools in Jan. 2009, and will be served to more than 40,000 students around the U.S. on May 5, 2009, as well as in the cafeteria of the U.S. House of Representatives. The student-created school lunch exceeds the nutrition standards for the National School Lunch Program, and meets the high standards for taste and visual appeal that culinary students strive to achieve.

## **Preparing the chefs of tomorrow**

Culinary teams from 13 different Chicago Public High Schools prepared for the contest with professional development for teachers and in-class visits from chefs and nutrition experts to help equip students for a competition that prioritizes nutrition as well as taste and presentation. This training, as well as the professional experience of taking part in a culinary competition and presenting food at a benefit, helps prepare students for careers in an increasingly health-conscious culinary world.

Cooking up Change also caught the attention of the Chicago culinary community. Each school team was connected with a professional chef “team mentor” whose role was to support, encourage and cheer on their team. This gave students an opportunity to network with professional culinarians, another source of career guidance.

## **Sharing healthy messages**

David Blackmon, manager of culinary education for the Chicago Public Schools Education to Careers program, said that the contest provides a way for students to promote healthy eating.

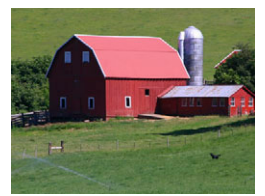
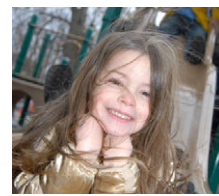
“They’re learning that food is fuel, and you can invent fuel that tastes good to your peers. Hopefully some of the healthy lifestyles they pick up will rub off on their peers,” he said, adding that the professional experience of presenting their creations teaches students more than cooking skills. “It helps their self-esteem,” he said. “There’s nothing like being part of something that’s bigger than you are.”

## **Learn more**

To learn more, contact Jean Saunders at 312-419-1810 or [jean@healthyschoolscampaign.org](mailto:jean@healthyschoolscampaign.org).



# Cooking up Change Healthy Cooking Contest



## Congratulations to the 2008 Winning Student Teams!

**First place**  
Richards High School

Carrotquedilla  
Chorizo Relleno  
Refrescante

**Second place**  
Clemente High School

Euro Chic School Lunch with  
Seedless Tomatoes and  
Broccoli Florets

**Third place**  
Prosser High School

Turkey Breast Multigrain Tortilla Quesadilla  
Veggie Medley Pico Di Gallo  
Spanish Rice

## Judging Panel

Student menus were judged by an enthusiastic panel of local chefs, elected officials, contest sponsors and others committed to creating a healthy future for school food. The judging panel included:

**Lyle Allen**, President of Green City Market

**Bob Bloomer**, Regional Vice President of Chartwells-Thompson Hospitality, provider of school meals to Chicago Public Schools

**Carol Moseley Braun**, the first African-American woman ever elected to the U.S. Senate, Founder of Good Food Organics

**Susan Bridges**, National Bridal/Merchandising Manager, T-fal

**Luisa Echevarria**, Community Relations Director, Univision Chicago

**Chris Ely**, Co-founder, Applegate Farms

**Gaylon Emerzian**, Emmy award winning editor and writer/director, Spatulatta

**Louise Esaian**, Logistics Officer, Chicago Public Schools

**Gale Gand**, Award-winning executive pastry chef and partner of Tru, host of the Food Network show "Sweet Dreams"

**Jesus Garcia**, Executive Director of Little Village Community Development Corporation, former Alderman and State Senator

**Susan Goss**, Chef and co-owner of West Town Tavern

**Matti Hunter**, Illinois State Senator

**Iris Martinez**, Illinois State Senator

**Phil Mott**, faculty member at Kendall College and former owner of Le Français

**John Moyer**, Award-winning lineman for the Chicago Rush

**Emily Nunn**, Chicago Tribune food writer

**Bill Reynolds**, Provost, Washburne Culinary Institute

**Trey the Choklit Jock**, Popular host of the Morning Jumpoff on Power 92.3 (WPWX-FM)

## Team Mentors

Each school team was supported by a mentor from the Chicago culinary community. Mentors generously provided their time to teams, cheered them on at the contest and will host them for a meal at their establishment.