

Central Valley's 3rd Annual Kids Cook-off

Entry Form



CELEBRITY EMCEE: Kathy Powers, *Hey Kids, Let's Cook* (KVPT)

CULINARY SUPPORT: Don Waddell, Culinary Division Director, Institute of Technology (Fresno)

DATE/TIME: Saturday, September 25, 2010, 11:00 a.m. - 4:30 p.m.

EVENT VENUE: Visalia Convention Center

RULES: You must be between the ages of 6 and 14 years old, live in Fresno, Kern, Kings or Tulare Counties and submit your entry before MIDNIGHT on AUGUST 28, 2010.

QUALIFYING ENTRIES: To qualify as a finalist, entries must include a recipe for a nutritious lunch made up of TWO DISTINCT MENU ITEMS that can be prepared in an hour or less. Your entry may include, but is not limited to, fruits, vegetables, chicken, turkey, beef, pork or fish, and it may include items such as breads (wheat, rye, pita, etc.), tortillas, crackers, pasta, salads, drinks, etc. Be sure to consider locally grown fruits, vegetables, dairy products, nuts and other seasonal items that promote a healthy lunch.

JUDGING: All qualifying recipes will be reviewed by the Institute of Technology, Culinary Division staff and students. Ten finalists will be invited by September 10, 2010 to compete in a live Cook-off held September 25, 2010. Parents must attend, and each finalist will be paired with a mentor to oversee preparation and ensure safety.

PRIZES:

First-Place Winners will receive four Passports to Disneyland and a Kitchen Tour!



Cook-off finalists will be videotaped live and the footage will be aired in a fall episode of *Hey Kids, Let's Cook*.

Finalists will also receive honorable mention on the Website.



Additional prizes will be provided by these Visalia Mall retail stores:



and also by: **Comcast**.

CONTACT INFORMATION:

Enter your recipes either online at VisaliaHomeShows.com, HeyKidsLetsCook.com or via this mail-in form.

Other inquires may be sent to: cookoff@showcaseevents.net

Mail-in entry forms and recipes should be sent to:

3rd Annual Kids Cook-off

P.O. Box 320007

San Francisco, CA 94132

Mail-in entries must be postmarked by the AUGUST 28, 2010 deadline to qualify.

Your Name: _____

Your Age: _____

Parental permission is required to participate as a finalist in the Cook-off. A Permission Form will be mailed after finalists have been selected.

Name of Parent/Guardian(s): _____

Address: _____

City, State & Zip: _____

Phone Number: _____

Email: _____

School: _____

Grade Level: _____

RECIPE:

Write your recipe in the space below. Your entry must include TWO DISTINCT MENU ITEMS that can be prepared in an hour or less. Format your recipe by listing the specific ingredients and quantities at the top followed by the numerical (1, 2, 3,) steps needed to prepare the recipe. Attach a separate piece of paper if more space is needed.