



## Your Nutrition Resource Connection

### Guidelines for Food Bank Recipe Challenge for High School & College Students

#### Your Recipe Submission Should:

- Be designed to be cooked by Pennsylvania families who visit food banks and food pantries.
- Feature a variety of foods for breakfast, lunch, dinner, soups, salads, other side dishes, and desserts.
- Be placed on the "Recipe Submission Form" found on [PANEN's website](#).
- Use foods that can be found in a food pantry or food bank. "Common Foods at the Food Bank" can be found on [PA NEN's website](#).
- Keep in mind PANEN's "[Keys to a Healthy Recipe](#)" found on PANEN's website.
- Use 9 ingredients or less – This includes all ingredients except water.
- Be easy to follow.
- Have short preparation time.
- Have minimal amounts of expensive spices.
- Use affordable ingredients.
- Use zero or very few electric tools.
- Try to offer tips to reduce the amount of waste.
- Be tested in the kitchen before submission.
- Approved by a chef or chef instructor prior to submission.

#### Nutrition Facts for Your Recipe:

- For each recipe submitted, the following nutrition information is required for one serving of the recipe: Servings Per Recipe, Serving Size, Calories in One Serving, Total Fat (grams), Saturated Fat (grams), Trans Fat (grams), Cholesterol (milligrams), Sodium (milligrams), Total Carbohydrates (grams), Dietary Fiber (grams), Added Sugars (grams), Protein (grams), Vitamin D (micrograms), Calcium (milligrams), Iron (milligrams), Potassium (milligrams).
- If your recipe does not include this nutrition information, follow these instructions:
  - Go to ChooseMyPlate's [My Recipe website](#).
  - Type in the ingredients to your recipe, and add all them to the "My Recipe Ingredients" section.
  - Once you've added all the ingredients for your recipe, divide it into the number of portions you would like to serve.
  - Type in the name of your recipe, and save it.
  - Export all the recipes details as a PDF, Excel Sheet or Word Document.
  - In this exported document, you will find all the nutrition facts listed above. Mark the required nutrition facts in your "Recipe Submission Sheet".

#### Photo Criteria:

- A picture of your dish must be submitted with your recipe on [PA NEN's website](#).
- Please make that photos are taken in good lighting in the highest resolution possible.
- Make sure that the all foods highlighted in your recipe are pictured.
- Please do not send photos featuring people. These photos **will not** be judged.
- By submitting photos to this contest, you consent that they may be used by the Pennsylvania Nutrition Education Network (PANEN), and/or others with the consent of PA NEN, for the purposes of illustration or publication in any legally authorized manner. You understand that these pictures and information will

be used in educational materials, such as PA NEN brochures, newsletters, website, videos, or news releases, to help those on the Supplemental Nutrition Assistance Program receive healthy foods and tips. The pictures and information will not be used for any commercial, money-making purpose.

#### **Recipe Sources and Plagiarism:**

- Students can submit a recipe they created themselves.
- If a student uses a recipe from another resource but modifies it, they need to source the original recipe by referencing it at the bottom of their "Recipe Submission Form".

#### **How Do You Submit Your Recipe?**

- Download the "Recipe Submission Form" from [PA NEN's website](#). Fill in all your information within it.
- Take a picture of your recipe.
- Recipes must be approved by a chef or chef instructor prior to submission.
- Upload both these items, and add the other requested information to the webform on [PA NEN's webpage](#).

#### **What is Expected of Contest Winners?**

- The students who created the top three winning recipes will be invited to lead a food demonstration at the Central Pennsylvania Food Bank's test kitchen. Winners will show how they made their recipe for other food and nutrition professionals.
- Recipe winners and their recipes will also be featured on [PA NEN's website](#).
- The top three winning recipes will automatically be submitted and potentially recognized on the national recipe database, "[What's Cooking? USDA Mixing Bowl](#)".

#### **Important Contest Dates:**

- Recipe submission date: February 2-April 20, 2017
- Announcement of 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place winners: April 27, 2017
- 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place winners' food demonstration and presentation date: May 15, 2017
- PA NEN staff will submit the 1<sup>st</sup>, 2<sup>nd</sup>, or 3<sup>rd</sup> place winners' recipes to "[What's Cooking USDA Mixing Bowl](#)" recipe database: May 15, 2017