

COOKING UP CHANGE®

Students Transforming the Future of School Food



Education • Nutrition • Performance

HISD

FOOD SERVICES

working in
partnership with  ARAMARK





What is Cooking Up Change?

Launched by the Healthy Schools Campaign in 2007

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10 cities and growing



Cooking up Change

The Challenge

Cooking up Change challenges students to create a school meal that...

- meets NSLP nutrition standards
- uses ingredients commonly available through food service
- requires only basic kitchen equipment and a minimal amount of preparation steps
- costs no more than \$1.20
- **their peers will enjoy!**



Teams & Timelines

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Teams

7 Teams from 4 HISD high schools with
culinary arts programs

2-3 Students per team



Timeline

- January 27: Instructor Training
- January 28- 31: Instructors communicate the challenge to students, teams form and they begin drafting recipe plans.
- March 8: Practice review
- March 8 – April 4: Recipes are refined and finalized
- April 12: Final Houston Competition
- June 9: National Competition in D.C.



Contest Rules

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Contest Rules

School Lunch Recipe Requirements

- Each school lunch must consist of **one main dish and two side dishes** (one fruit, one vegetable).
- Each dish may not require more than **six** preparation steps.
- School lunches may only use ingredients from the Cooking up Change ingredient list. Each recipe may not require more than **ten** ingredients.
- Individual recipes and combined menu must meet the NSLP Nutrition Standards.
- Each school lunch may not cost more than \$1.20.

Competitions

March 8th: Practice competition

Hattie Mae White Administration Bldg.

April 12: Final competition

Rice University West Servery



The Judges



- Dr. Terry Grier, HISD Superintendent
- Ray Danilowicz, Executive General Manager, HISD Food Services
- Beth Thorson, Director of Nutrition, TDA
- Chef Mark Cornish, Senior Executive Chef, Reliant Park
- Chef Christina Ha, winner of “Master Chef”
- Darryl King, Principal Partnering LLC
- Bennieka Harris, Culinary Arts Student, Lamar HS

Judging

- Entries will be rated on originality, taste, appearance, and oral presentation
- Points will be allotted by category and a winning team decided once all the points are calculated.



First Place Winner was Westside High School

Winning Recipes:

Lonestar Chicken Chili Sub

Parfait

Grilled Veggies



Winning dishes will be featured on the Houston ISD high school 2014-2015 menu!

Fully paid trip to Washington, D.C. to compete in the Cooking up Change National Healthy Cooking Contest in June 2014.



Cooking Up Change

Media before and after the event

- Houston Press
- KPRC – NBC
- KTRK – ABC
- KIAH – CW
- Univision
- Houston Chronicle
- Semana News
- The Blind Cook



<http://www.click2houston.com/news/hisd-students-face-off-in-head-to-head-culinary-challenge/25450574>

Cooking up Change – adapting to other district child nutrition programs

Participate in national competition

Conduct district only competition

Conduct school only competition

Benefits:

- Positive media and community relations
- Student created menu ideas
- Develop relationships between culinary programs and food services
- Student understanding of food services challenges in creating menus that meet guidelines and student preferences.

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“I have a deeper respect and knowledge for all that our cafeteria workers do to prepare food for all of the students in HISD,” said Westside’s Barrosha Boykin as she and her team accepted their trophies and prizes.

Questions?

