



The Little Chef Challenge

FARM FRESH TEXAS PRODUCE RECIPE CONTEST

Calling all fourth and fifth graders!

Do you like to cook? Do you like healthy vegetables?

Chef Raina is looking for healthy recipes using Texas produce! Enter your recipe in the The Little Chef Challenge Farm Fresh Texas Produce Recipe Contest and you could be named your school's Top Student Chef!

Complete the following entry form and return it to your cafeteria manager. You can also print a copy of the entry form from www.gccisd.net. Look for the Nutrition Services Department and then click on the Contest & Events tab.

Email Chef Raina with any questions:
raina.carranza@gccisd.net.



Our 2024-2025 winners!

Entries will be accepted October 20th through November 21st.
Winners will be announced the week of December 1st.



The Little Chef Challenge

Farm Fresh Texas Produce Recipe Contest Rules

The Little Chef Challenge Recipe Contest is open to all fourth and fifth grade students in Goose Creek CISD. One winning recipe will be chosen from each participating school. That student will be recognized at their school where they will receive a special gift. Contest winners will be invited to share their recipe with the Goose Creek School Board on a date to be determined.

All recipes must be turned in by the end of the school day on Friday, November 21st

Contest Rules & Tips for Success

- Use at least one fresh Texas produce item from the list below.
- Recipes cannot include any tree nuts or peanuts due to the allergy restrictions.
- Pre-made products can be part of an overall recipe but be specific on how they are used in your recipe.
- Recipes must be submitted on the official form provided. Don't forget the second page!
- Include a photo of your prepared recipe.
- **Students should enter the competition as an individual and not as a team**

	Texas Produce	
Apples	Beets	Bell Pepper
Broccoli	Cabbage	Cantaloupe
Carrots	Celery	Cucumbers
Field Peas	Grapefruit	Green Beans
Greens	Herbs	Honeydew Melon
Lettuce	Mushrooms	Oranges
Pumpkin	Radishes	Spinach
Squash	Sweet Potatoes	Tomatoes

All produce listed is seasonal for November. This list is taken from the Texas Department of Agriculture's Farm to School site: www.squaremeals.org

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Farm Fresh Texas Produce Recipe Contest Entry

Student's Name and ID#: _____ Grade: _____

School: _____ Teacher: _____

Name of Parent or Guardian: _____

Preferred Contact Information for Parent or Guardian: (please include both if possible)

Phone: _____ Email: _____

Recipe Name: _____

Texas Produce used in this recipe: _____

How many servings does this recipe make? _____ Preparation Time: _____

Ingredients:

Directions:

What makes my recipe healthy?

Attach your photo here.
If sending your entry form
through email, you may send the
photo as a separate file.