



SCHOOL-TO-TABLE CONTEST

5TH-8TH GRADE STUDENTS

Calling all Young Chefs. Time to put your talents to the test.

Starting on November 2, we challenge you to create a healthy, delicious and EASY meal kit for two people. It's up to you to create the recipe, shop for and portion out all ingredients and test, test, test! You'll also design step-by-step preparation and cooking instructions and include detailed nutritional information, as part of your kit.

Each meal should be tailored toward a Senior Citizen's nutritional needs and feed two adults.

After judging, all meal kits will be donated to Ridgecrest Senior Housing in Ridgewood, NJ.

IMPORTANT DATES

NOVEMBER 1ST: All interested students should email Support@NoFussLunch.com to enter.

NOVEMBER 2ND: No Fuss will provide all packaging supplies, labeled with contestant name for pick-up in the school office .

NOVEMBER 16TH: All contestants must bring their completed meal kits to school.

1st place winner receives 2 tickets to Jingle Ball on 12/7 at MSG + \$25 Credit at No Fuss Lunch
2nd place \$100 to Westfield Malls (Garden State Plaza) + \$25 Credit at No Fuss Lunch
3rd place \$50 Playa Bowls Gift Certificate + \$25 Credit at No Fuss Lunch

Judging Criteria - Scale of 1-5 with 5 being the highest:

Ease of preparation

Accuracy of cooking instructions

Creativity

Nutritional value

