

4-H Healthy Habits Teen Leader's Recipe Challenge

What: An opportunity for teen leader's participating in the NC 4-H Healthy Habits program to influence the recipes utilized in youth programming in North Carolina. All recipes that meet the 90% threshold outlined in the scoresheet will be included in the *Cooking Up Confidence* cookbook.

There are three options for the Recipe Challenge:

1. Choose an existing recipe from *Cooking Up Confidence* cookbook and revise it to follow the EFNEP Recipe Guidelines*.
2. Choose a personal or family recipe (one that reflects your culture), one from a favorite cookbook, magazine, one from an online source or national website, etc. and revise it to follow both the EFNEP Recipe.
3. Develop a quick recipe appropriate for programming with youth that follows both the EFNEP Recipe Guidelines.

*EFNEP Recipe Guidelines

1. The recipe is appropriate for the intended audience. Culturally diverse recipes are encouraged.
2. The recipe is affordable and readily available ingredients are used.
3. Supplies and equipment needed for the recipe are minimal and what would typically be available in a participant's home.
4. Cook time is 30 minutes or less.
5. Short sentences and simple words are used to describe the steps of the recipe.
6. Ingredients are listed in the order they are used.
7. The recipe has 10 ingredients or less, excluding spices.
8. Recipe instructions reinforce good food safety practices.
9. The recipe has been successfully tested for taste, accuracy of directions, and overall appeal.
10. A nutrient facts label must be completed on each recipe which will be distributed to the public. (myfitnesspal free app listed below)
11. Follow the copyright procedures for recipes as with other materials.
12. Each recipe contains at least one [WIC approved food](#).

Modifying a Recipe guidelines:

1. Change the name of the recipe
2. Modify at least 3 ingredients, including spices
3. Consider if it can be cooked a different way (baked instead of fried, steamed instead of boiled, etc.)

(adapted from: <https://delishably.com/misc/How-To-Write-Original-Food-Recipes-10-Tips-for-Making-Your-Recipes-Easy-To-Follow>)

Who: Teen leader's participating in the NC 4-H Healthy Habits program that have completed at least 10 service hours. Service hours are time spent being trained and/or assisting with programming. Counties can enter teams of one or two youth to participate in the challenge

When: Final recipe challenge will take place on the eve of 4-H Congress, Friday, July 19th, 2019. Time allotted for the Recipe Challenge will be determined by the number of entries.

Timeline of Process and Deadlines:

- **March 2019:** Counties participating in the Healthy Habits program are told about 4-H Healthy Habits Recipe Challenge. Teams or individuals should submit the **4-H Healthy Habits Recipe Challenge Entry Form** by **June 1st** to Salim Oden salim_oden@ncsu.edu.
- **May and June 2019:** Healthy Habit teams should meet to discuss team pairings and recipes. Additional meetings should be scheduled to prepare for the challenge. Feedback during practice sessions should be given using **Recipe Challenge Scoresheet**.
- **July 2019:** **July 1st** submit a list of ingredients and equipment needed for Recipe Challenge to Salim Oden. Ingredients listed will be purchased and equipment needed in list will be available to you for the Recipe Challenge. Participate in a webinar on to review final details for the event. Webinar date TBD.

You are encouraged to seek assistance from your 4-H agent, FCS agent, and/or EFNEP Educator in preparing for the Recipe Challenge.



Recipe Challenge Score Sheet

Each measure listed below will be scored between 1 and 10 points. All recipes that receive a minimum of 90 points are eligible to be included in the 2020 version of the *Cooking with EFNEP* cookbook and will be featured in social media posts. All participants will receive a certificate of participation. Individuals submitting recipes that score 90 or above will be recognized. The individuals presenting the recipes with the top 3 scores will receive an award.

The Recipe:	Comments	The Score
Originality & Creativity: <i>The dish showcases creative development.</i>		
Texture & Color: <i>The dish displays a balanced profile of colors and textures.</i>		
Cooking Techniques: <i>An appropriate use of ingredients and techniques selected. The recipe demonstrates the use of appropriate cooking techniques and equipment. Is it easy to prepare?</i>		
Recipe Ingredients: <i>affordable and readily available ingredients</i>		

The Guidelines:		
Is an appropriate adaptation of an existing recipe.		
Meets EFNEP criteria.		
The Preparation and Demonstration:		
Food prep is organized and follows the 10 keys to successful food demonstrations.		
Presenter(s) is/are confident in demonstration.		
At least one cooking technique is highlighted.		
At least one money saving tip is highlighted.		
At least one alternative version is highlighted.		
At least one food safety tip is highlighted.		
Nutrient content is discussed and connected to the prevention of chronic disease		

4-H Healthy Habits Recipe Challenge Entry Form

Submit a copy of this form with questions 1-3 completed by **June 1st** to Salim Oden, salim_oden@ncsu.edu.

1. Name of individual/team members _____

2. Name of Recipe (original): _____

3. Name of Recipe (new): _____
(Provide a copy of both original and new recipe by July 1)

Submit the entire form with all information completed and a copy of both the original and the new recipe by **July 1st** Salim Oden, salim_oden@ncsu.edu.

4. Describe how the recipe was modified to fit within EFNEP guidelines:

5. Describe how the recipe was modified to reflect the Mediterranean style of eating.

6. Calculate price per serving of final recipe

7. Calculate nutrition facts using <https://www.myfitnesspal.com/recipe/calculator> :

