



Participant Orientation



1. Teams will have 40 minutes to prepare a dish, plan a presentation, and clean up the preparation area. A 20 minute warning, 10 minute warning, 5 minute warning and 1 minute warning will be given. We suggest that you start working on your presentation at the 10 minute warning. NO talking is allowed after the 40 minutes is up
2. Each team will be provided with the secret ingredient which they are required to use, as well as the pantry items which are additional and will need to be incorporated into their recipe. Teams will not have to use all the pantry items just what items they would like to use. Each team will be **required to use at least three items from the pantry.**
3. If electricity goes out during the preparation phase of the contest, teams are asked to turn away from the table immediately. Contest officials will stop the clock so that no preparation time is lost.
4. All fresh produce (fruits and vegetables) have been washed prior to the contest.
5. Trash cans are located in each cooking station for your use
6. A first aid kit will be with the contest officials. If you happen to need first aid please let your group leader know immediately so they can help you.
7. After the 40 minute preparation time is up your area **MUST** be clean and all the supplies and extra must be put away. The only things allowed on the table are a cooling hot plate if you have one and the food dish you presenting to the judges.
8. After time is called there will be no more talking and no more writing is allowed among any team members.
9. Please remain seated once time is up and do not leave the room unless escorted by your group leader to another room to wait to give your team presentation.
10. If you need to use the restroom please let your group leader know.
11. Ingredients will be divided for team members to select from if you need more of something go to the ingredient table you we can provide you with more.
12. A water pitcher will be provided so you can get water from the kitchen.
13. After your team presentation you will be asked to complete an evaluation, giving you the opportunity to share with us your experience in the contest.