



Culinary Arts Competition Instructions

Objective: Aims to inspire culinary creativity within a budget constraint, challenging participants to craft a nutritious recipe incorporating a protein, vegetable, grain, dairy, and fruit, aligning with MyPlate.gov guidelines. Competitors are tasked with presenting their creations through an original demonstration video, fostering a connection between agriculture and healthy meal choices. The objective is to promote innovation, culinary skills, and an appreciation for the diverse bounty of agriculture, while contestants vie for top honors and prizes. This competition serves as a platform to showcase the intersection of culinary arts and sustainable, health-conscious agriculture.

Team Formation: Form teams of 2-4 participants, with a shared passion for culinary arts and agriculture.

Budget Limit: Create a recipe with a budget limit of \$25, incorporating a protein, vegetable, grain, dairy, and fruit. All ingredients must be easily accessible within the budget.

Healthy Meal Guidelines: Design your recipe in adherence to the healthy meal guidelines outlined on MyPlate.gov.

Submission Components:

- Submit a written recipe, including ingredient quantities, detailed preparation instructions, and a brief nutritional analysis.
- Provide a QR code or link that connects to an original demonstration video showcasing the recipe. The video should be uploaded to YouTube, TikTok, or Instagram.

Time Limit for Video: The demonstration video should be between 3 to 5 minutes, effectively illustrating the cooking process and highlighting key steps.

Content Guidelines for Video:

- Clearly demonstrate the preparation of each component.
- Share insights on the nutritional value and health benefits of the chosen ingredients.
- Showcase creativity, presentation, and the connection to agriculture.

Hashtags: Include competition-specific hashtags in the video caption: #TuskegeeEXERTAgCulinaryCompetition and any other designated hashtags.

EXERT

EXTENSION, EDUCATION AND RESEARCH TRACK



Submission: Upload the written recipe and video link or QR code to the designated submission platform or email address.

Evaluation Criteria:

Adherence to Budget: 20 points

Healthy Meal Guidelines Compliance: 25 points

Creativity and Presentation: 20 points

Clarity and Effectiveness of the Video: 20 points

Overall Culinary Appeal: 15 points

Prizes: Exciting prizes will be awarded to the top three teams based on the cumulative scores from the evaluation criteria.

Deadline: All submissions, including recipes and video links or QR codes, must be submitted by February 9, 2024. Late submissions will not be considered.

Contact: For any clarifications or assistance, contact Catrina Hoffman (choffman1@tuskegee.edu), Dr. Richard Whittington (rwhittington1@tuskegee.edu), and Ms. Sheanell Edwards (sedwards@tuskegee.edu).

Get ready to showcase your culinary skills and creativity while celebrating the diversity of agriculture! We look forward to tasting and seeing your innovative recipes. Happy cooking!

The EXERT Competition is part of the Annual Farmers Conference at Tuskegee University, an educational forum that features tours, panel discussions, interactive demonstrations, concurrent workshops and EXERT competition.

APPLICATION DUE DATE – December 11, 2023

Event Timing: March 12th-15th, 2024

Event Address: 132nd Farmers Conference at Embassy Suites,
300 Tallapoosa Street, Montgomery, AL, 36104

Website: <https://www.tuskegee.edu/programs-courses/colleges-schools/caens/conferences-workshops/farmers-conference>

