

Cooking Well **INVITATIONAL**

SCHA • Working Well



Avalon

Competitor Brochure

Thursday, July 25 & Friday, July 26

The Culinary Institute of Charleston at Trident Technical College

Presenting Sponsor



QUALITY OF LIFE SERVICES

cooking well invitational

North Charleston, SC | July 25 & 26, 2013

welcome



Dear Cooking Well Invitational Competitor,

Thank you for registering to compete in the Cooking Well Invitational on Friday, July 26, 2013 at the Culinary Institute of Charleston at Trident Technical College in North Charleston, SC.

Enclosed in this registration packet is the draft agenda, the general competition guidelines, the rules and nutrition criteria for the event, and hotel information. Also included is the registration form to be completed and returned to SCHA. Please review this information carefully and contact Kendyl Schultz at kschultz@scha.org if you have any questions.

A few things to remember:

- Teams must consist of four (4) members.
- Teams will be evaluated on proper shipping and receiving procedures, uniform and personal hygiene, and product temperature.
- The cost may not exceed \$5.00 per meal.
- All dishes must follow the healthy food environment nutrition criteria

We look forward to seeing you in July and wish all our competing teams the best of luck!

Best in Health,

Cooking Well Invitational staff

draft agenda

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thursday, july 25 (pre-event)

Culinary Institute of Charleston at Trident Technical College

4:30 – 6:30 pm..... Competition Teams Registration & Judges Meeting

friday, july 26 (main event)

Culinary Institute of Charleston at Trident Technical College

7:30-8:30 a.m. Vendor registration and Set Up

8:30 – 9 a.m..... Main Registration

9 – 9:30 a.m. Event Kickoff • Welcome • Overview of the Day

Working Well Leadership | SCHA

Dick Elliott | Maverick Southern Kitchens

Michael Saboe | Dean | Culinary Institute of Charleston

Chef Robert Irvine

9:30 a.m. – 3:30 p.m. Vendor Show & Event Exploration

10 – 10:30 a.m. Breakout Sessions

1. Cooking for Prevention & MUSC Urban Farm

Presenters: Iverson Brownell | Medical University of South Carolina

Susan Johnson, PhD | Medical University of South Carolina

2. Hospital Food Service Careers

Presenters: Tawnya Hutchison | Sodexo

10:45 – 11:15 a.m. Breakout Sessions

1. Culinary Institute of Charleston Sport Nutrition Program

Presenters: Judith Herrin | Medical University of South Carolina

2. Healthy Food Environment – What it takes to become a Working Well hospital/business?

Presenters: Working Well Leadership

11:30 a.m. – 12 noon Breakout Sessions

1. Healthy Charleston Challenge

Presenters: Chef David Vagasky | Culinary Institute of Charleston

Janis Newton | MUSC Wellness Center

2. Local & Sustainable for Large Volume Food Service

Presenters: Weston Fennell | Limehouse Produce Co.

12:15 – 1 p.m..... Gullah Lite Cooking Demonstration

Chef Kevin Mitchell

1:15 – 2:15 p.m. Keynote Presentation

Chef Robert Irvine

2:15 – 3:15 p.m..... Intro Judges • Plate Presentation • Judges Evaluation

3:15 – 3:30 p.m. Awards & Closing

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general information

location

The Culinary Institute of Charleston at Trident Technical College, 7000 Rivers Avenue, North Charleston, SC 29406

hotel accommodations

The South Carolina Hospital Association (SCHA) has negotiated a room rate of \$99 per night with the Sheraton Charleston Airport Hotel for the night of July 25th. Rooms are limited so please make reservations early. Room reservations should be made by contacting the Sheraton at 888.747.1900. Ask for the South Carolina Hospital Association group rate. This rate is available through June 25, 2013. **Sheraton Charleston Airport Hotel • 4770 Goer Drive, North Charleston, SC 29406 • 888.747.1900 • www.sheratoncharleston.com**

substitution/refund/cancellation

Any registrant who cannot attend may send a substitute from the same organization at no charge by resubmitting an updated registration form to SCHA with the name of the substitute. Notify SCHA of the substitution via fax 803.796.2938 or phone 803.744.3531. The registration fee (less \$100 processing fee) is refundable for any vendor who cancels a registration no later than 5 business days prior to the meeting date. The registration fee is non-refundable if the cancellation occurs within 5 business days of the event. Refunds will not be available for no-shows.

special dietary needs

If you have any special dietary needs, please contact Kendyl Schultz at 803.744.3531 or kschultz@scha.org.

special note for the disabled

The South Carolina Hospital Association wishes to ensure that no individual with a disability is excluded, denied services, segregated or otherwise treated differently from other individuals because of the absence of auxiliary aids and services. If you need any of the auxiliary aids or services identified in the American With Disabilities Act, please write or call Working Well at 803.744.3531.

work to be fit

SCHA is committed to providing a safe and healthy work environment for its employees and guests, compliant with our "Work to be Fit" wellness program. Therefore, policies and standards for tobacco, nutrition, and physical activity have been implemented to support such a culture. Tobacco: SCHA encourages tobacco free people and places so tobacco use is prohibited at SCHA events and on SCHA grounds. Nutrition: SCHA provides a healthy food environment where the healthy choice is the easy choice. Healthy menu items that comply with the healthy food nutrition criteria will be available at each meal service. Please note, sugar sweetened beverages do not comply with the nutrition criteria and will not be readily available. Physical Activity: SCHA encourages the use of scheduled breaks for physical activity (stretching, walking, etc) to help maintain optimal health. A paved community walking trail is available adjacent to SCHA grounds.

contact information

For additional information, please contact Kendyl Schultz at 803.744.3531 or kschultz@scha.org.

guidelines

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purpose

The purpose of the competition is to honor South Carolina hospitals who have attained Gold Apple status. The event will be an Iron Chef like competition and teams will compete to be named the Cooking Well Champion.

Participating teams will consist of four (4) members. Team members may be comprised of chefs, dietitians, food service staff, etc.

Participating teams will demonstrate their culinary knowledge, skills, and creative abilities during the competition through demonstration of skills mastery and the preparation of a meal consisting of (i) a starter (such as soup, salad, or appetizer); (ii) an entrée, consisting of protein (such as meat, fish, or fowl), vegetable, and starch; and (iii) a dessert. Their performance during the event will be observed and rated by judges from The Culinary Institute of Charleston. Participating teams will demonstrate their ability to work together while creating and presenting their nutritious meal.

menu item submission & product check-in

Participating teams are required to submit titles for menu items and the nutritional breakdown of menu items to Kendyl Schultz at kschultz@scha.org by July 1, 2013. Menu items cannot be changed after submission.

Product Check-In is part of the evaluation process and results of the check-in will be entered on the score sheet for the team. Teams will be judged according to proper shipping and receiving procedures. In addition, team members will be evaluated on uniform and personal hygiene, including proper hand washing, during Product Check-in. Hand washing stations will be available in the Product Check-in area.

Event personnel will be available to receive any perishable items shipped to the event site, and are not responsible for any lost or damaged items.

A complete printed list of every item contained in each cooler or other container holding food items must be attached to the inside and outside of the cooler and/or container. All ingredients must be checked in with event personnel.

Each team's food will be placed in an appropriate and secure location at the competition site until just prior to the designated Station Pre-Set time.

Teams will be evaluated on the proper temperature of ingredients. If an item is found to be in the temperature danger zone, the item will not be available for use in the competition. Teams will also be evaluated on proper packaging. Items to be checked in should either be in their original packaging, or wrapped and packaged properly (i.e., no liquid pooling from meats, poultry, or fish, no seeping liquid, vegetables and fruits in proper containers and/or bags), or they will be discarded. Any team that has a product discarded will be allowed to purchase that item or items locally.

A sample rubric has been provided.

meal production

During the competition, final meal production must be completed in a two hour time period that includes plating. Event personnel will announce the time at 15-minute intervals. It is the responsibility of each team to know their start time and be ready to begin when their assigned time is announced. Teams may bring a manual, electrical, or battery operated equipment. Event organizers will announce start times upon registration for the event.

Each participating team will prepare four (4) identical meals of their choice, garnished and served appropriately. First course should consist of a soup, salad, or appetizer. Suggested serving sizes for the second course entrée are 4-6 ounces for protein, 2-3 ounces for starch and 2-3 ounces for vegetables. The third course should be some type of dessert. All plates should be complete, colorful, appealing and nutritious. One meal will be tasted by the judges and one meal used for display.

The cost may not exceed \$5.00 per meal.

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Teams must employ a minimum of two cooking methods from the following list: Poach, Shallow Poach, Braise, Pan Fry, Steam, and Sauté. Teams are allowed to use additional techniques if they so desire.

Participating teams must bring all ingredients necessary to prepare the food they have selected. Teams that have seafood in their menu are strongly advised to make arrangements to purchase locally due to their fragile nature. Teams may bring pre-measured dry goods (flour, sugar, salt, etc.), as well as butter and oil.

All meals are required to meet the nutrition criteria provided in this packet.

No pre-chopped, pre-sliced, or pre-prepared food not commercially manufactured will be allowed, with the exception of stock and clarified butter. Prior preparation of stock necessary for the completion of final product is permissible. Stock is a flavorful liquid made by gently simmering bones or vegetables to extract their flavor, aroma, color, body, and nutrients.

Commercially manufactured food (convenience) items such as jams, jellies, and mayonnaise are allowed if they are used as an ingredient and not as a finished product. Commercially manufactured food products must be presented at Product Check-in in the original container.

Participating teams must bring all necessary supplies to prepare the food they have selected, such as small utensils, cutting boards, small hand tools, cookware, plates or bowls, and gloves. In addition, hand towels enough for competition, clean-up and sanitation buckets.

Participating teams will provide one (1) copy of a presentation menu. It is required that the menu be framed and professionally displayed on the team's table during competition and then moved to the display area after the team has completed their event. The teams name should be clearly identified on the menu.

The workspace will consist of two (2) eight-foot tables provided for each team. The tables will be set up in an "L" formation within a 10' x 10' foot space. All food preparation must be done within the workspace on the tables provided. All equipment and supplies must be contained within the allotted 10' x 10' space unless otherwise directed by event staff. Team members may only work on the tables from the interior of the space. Ice will be provided for each team during the competition. Running water will be available prior to and after the competition.

The only heat sources allowed will be butane burners and must be supplied by the team. Use of the butane burners during the competition is at the discretion of the team.

To the extent permitted by law, a butane torch may be used for the purpose of finishing any item, sweet or savory. The torch is only allowed to be used for the purpose of caramelizing or browning the surface of the item, not to cook the item.

- No other fueled or mechanical heat sources will be allowed.
- The use of metal, stone or other types of plates or apparatus to extend the cooking surface of the burners by extending between and covering both burners simultaneously is not allowed.

Molecular gastronomy in the competition:

- Use of liquid nitrogen, referred to as "flash-freezing" is not allowed.
- Spherification, foams are allowed.

Gloves will be worn when handling cooked, ready to use, or ready to eat food. Teams are responsible for providing their own gloves.

production mise en place

The team will have twenty (20) minutes to pre-set their station for the meal production segment.

During Pre-Set Mise en Place, teams will not be allowed to:

1. Heat water or any liquid
2. Marinate any food (all marinating must be done within the 60-minute meal preparation period.)
3. Perform any knife work
4. Begin cooking any items
5. Mix any ingredients

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During Pre-Set Mise en Place, teams will be allowed to:

1. Wash vegetables
2. Set their station
3. Obtain water or ice from the kitchen
4. Obtain sanitizing solution from kitchen (provided by Event Organizers)
5. Measure dry and liquid ingredients
6. The timer will notify the team when the Production Mise en Place segment time ends and the Meal Production segment time begins.

uniform

The team must present a uniform appearance. All team members are required to wear appropriate apparel consisting of chef coats, checkered or black pants, closed toe/hard sole black shoes and the apron and hat.

competition flow

Judges will provide feedback to the teams immediately following the competition. Comments concerning product check-in, knife skills/fabrication, tasting, menu/recipe development, sanitation/safety, and work skills will be addressed

fda regulation and definition of terms:

Lean: The term "lean" may be used on the label or in labeling of foods except meal products as defined in Sec. 101.13(l) and main dish products as defined in Sec. 101.13 (m) provided that the food is a seafood or game meat product and as packaged contains less than 10 g total fat, 4.5 g or less saturated fat, and less than 95 mg cholesterol per reference amount customarily consumed and per 100 g.

Extra Lean: The term "extra lean" may be used on the label or in the labeling of foods except meal products as defined in Sec. 101.13(l) and main dish products as defined in Sec. 101.13(m) provided that the food is a discrete seafood or game meat product and as packaged contains less than 5 g total fat, less than 2 g saturated fat, and less than 95 mg cholesterol per reference amount customarily consumed per 100 g.

Trans Fat: Trans fat (also known as trans fatty acids) is a specific type of fat formed when liquid oils are made into solid fats like shortening and hard margarine. Food manufacturers are allowed to list amounts of trans fat with less than 0.5 gram (1/2 g) as 0 (zero) on the Nutrition Facts panel. As a result, consumers may see a few products that list 0 gram trans fat on the label, while the ingredient list will have "shortening" or "partially hydrogenated vegetable oil" on it. This means the food contains very small amounts (less than 0.5 g) of trans fat per serving.

i Developed from: United States Department of Agriculture. Dietary Guidelines for Americans, 2005. Available at:

<http://www.health.gov/DietaryGuidelines/dga2005/document/default.htm>. Accessed July 14, 2008.

ii Common whole grains include: whole wheat, whole oats/oatmeal, whole-grain corn, popcorn, brown rice, whole rye, whole-grain barley, wild rice, buckwheat, triticale, bulgur (cracked wheat), millet, quinoa, sorghum. For information about the ingredients in wholegrain and enriched-grain products, read the ingredient list on the food label. For many whole-grain products, the words "whole" or "whole grain" will appear before the grain ingredient's name. The whole grain should be the first ingredient listed. Wheat flour, enriched flour, and degerminated cornmeal are not whole grains. The Food and Drug Administration requires foods that bear the

whole-grain health claim to (1) contain 51 percent or more whole-grain ingredients by weight per reference amount and (2) be low in fat. United States Department of Agriculture, Dietary Guidelines for Americans, 2005. Chapter 5: Food Groups to Encourage. Available at: <http://www.health.gov/DietaryGuidelines/dga2005/document/html/chapter5.htm#table7>. Accessed November 19, 2008.

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Food Item Category HFE Nutrition Criteria per serving (unless otherwise specified)	Food Item Category HFE Nutrition Criteria per serving (unless otherwise specified)
Main Dish: The "Main Dish" refers to a single entrée or meal component such as a casserole, pasta dish, sandwich, specialty salad, stir-fry, meat/fish serving*, or grill item.	Calories: less than 550; Max 35% calories from total fat Max 10% calories from saturated fat; Trans fat: less than 0.5 grams (negligible amount); Sodium: less than 800 mg; *Meat/fish servings limited to 5 oz. serving or less and must meet FDA labeling definition of lean : <10 gm fat, 4.5 gm or less saturated fat, <95 mg cholesterol per 100 gram serving.
Side Item: The "Side Item" category refers to any side dishes offered in a cafeteria or food venue. Examples might include: rice, potatoes, breads/rolls, fruits or vegetables with added ingredients, sauces, and salad dressings.	Calories: less than 250; Max 35% from total fat; Max 10% from saturated fat; Trans fat: less than 0.5 grams (negligible amount); Sodium: less than 480 mg
(Optional) Featured Meal of the Day: The "Featured Meal of the Day" refers to a complete plate or combination of food offered for breakfast, lunch or dinner. Typically, this includes a main dish and side item(s). To qualify, a "Meal" must include two or more of the following: <ul style="list-style-type: none"> • fruit/vegetable • whole Grain • lean protein (i.e. skinless lean poultry, lean beef or pork, fish/seafood (includes salmon), tofu, beans/legumes, eggs, etc. 	Calories: less than 800/meal; Max 35% calories from total fat; Max 10% calories from Saturated fat; Trans fat: less than 0.5 grams (negligible amount); Sodium: less than 1000 mg/meal
Snack/Dessert/Quick Breads/Muffins/Rolls/Breads: The "Snack" category refers to packaged or portioned items such as pretzels, chips, crackers, cookies, yogurt, or quick breads/muffins.	Calories: less than 200; Max 35% calories from total fat*; Max 10% calories from saturated fat; Trans fat: less than 0.5 grams (negligible amount); Sodium: less than 480 mg; Max 35% calories from total sugars (EXCEPT for yogurt with 30 g or less of total sugars per 8 oz. portion as packaged); *100% nuts or seeds are EXEMPT from the fat criteria
Beverage: The "Beverage" category refers to all beverages sold in hospital eateries, including vending machines and gift shops.	Diet Soda; Water; Flavored Water and Sports Drinks: max 50 calories per 8 oz.; 100% Real fruit juice: maximum serving size of 12 oz.; Unflavored skim or 1% milk or soymilk
Fruit/Vegetables: The "Fruit/Vegetable" category refers to fresh, frozen, dried or canned fruit/vegetables. If additional ingredients are added to the fruit or vegetables, the "Side Item" category criteria should be used.	All fresh, steamed or cooked without added fats, cream sauce; Canned vegetables: sodium ≤140 mg/serving; All Fresh fruits; Canned fruits packed in 100% water; or 100% juice (non-caloric sweetener acceptable)
Soup: The "Soup" category refers to soup offered in hospital eateries and venues. A separate category was created for this food item because it is unique in its calorie and sodium composition.	Calories: less than 225 per 8 oz serving; Max 35% calories from total fat; Max 10% calories from saturated fat; Trans fat: less than 0.5 grams (negligible amount); Sodium: less than 800 mg
Healthy in Moderation (HIM): The following foods are good sources of monounsaturated or polyunsaturated fats and can be promoted as "heart healthy" in the specified serving amounts.	Avocados – 1/5 Avocado; Hummus – 2 Tbsp (1 oz.); Salad Dressings containing olive, canola, or flaxseed oil – 2 Tbsp. (1 oz.); Olives – 4 Large or 6 Small Olives; 100% Nuts or Seeds (No Added Sugar) – 2 Tbsp (1oz.); 100% Nut Butters (No Added Sugar) – 2 Tbsp (1 oz)

sample rubric

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[illegible]

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registration

registration information

Please Print

Hospital _____

Address _____

City _____ State _____ Zip Code _____

Phone _____ E-mail _____

Name _____

Title _____

Name _____

Title _____

Name _____

Title _____

Name _____

Title _____

submission information

Please return this form by **March 1, 2013** to Kendyl Schultz at kschultz@scha.org or by faxing it to 803.796.2938.