



HOME  EDITION

# PARTICIPANT INFORMATION



## JOIN THE COMPETITION FROM HOME THIS JUNE

### Beyond Hunger Services:

- OPRF Food Pantry
- .....
- Nutrition and health education
- .....
- Kids' food programs
- .....
- Home delivery
- .....
- Social services
- .....
- Advocacy for food security

We believe hunger is solvable, and the solution includes all of us. Learn how you can support a hunger-free community as a chef in this virtual competition.

[GoBeyondHunger.org/events](http://GoBeyondHunger.org/events)

# ABOUT BEYOND HUNGER

Beyond Hunger provides hunger relief and essential programming to 40,000 people each year from 13 zip codes including the West Side of Chicago and its surrounding suburbs.

Since the COVID-19 crisis began, we transitioned to pre-packing boxes of groceries for quick delivery and implemented a drive-thru. Throughout the pandemic, we've worked hard to make sure that each of these boxes contain fresh, nutritious food, about 75 lbs. worth.

As the pandemic continues, we know more people, many for the first time, will need our services. With the support of our community and sponsors, we will continue to meet the need together.



## EVENT OVERVIEW



For two years, the Healthy Chef Challenge has featured award winning Chicago area chefs in a culinary competition where the participants have 30 minutes to make an entrée using only ingredients found in our food pantry--think canned yams and peanut butter.

Though we were unable to assemble at The Chopping Block last year, we decided to bring the competition to you. The Healthy Chef Home Edition continues the spirit of this competition safely while promoting our food pantry and nutrition education and cooking class programming.







If you ever wondered what you would do with a basket of turkey, day old bread, black eyed peas, and spaghetti rings, now is your chance to get creative! We will provide the staple ingredients and 1 secret ingredient and you do the rest. All participants will have the weekend of June 12-13 to make their dish.

There will be 3 categories: professionals, amateurs, and kids/teens with one winner from each. Winners will be determined by the number of likes your dish get on our site.

## COMPETITOR REQUIREMENTS

- To register as a competitor, please fill out the google form: <https://bit.ly/3fZu0Lf>
- Competitors must utilize the provided food pantry ingredients in their dish in some way (feel free to get creative).
- Competitors will select a secret ingredient at pickup and incorporate that into their dish.
- You can create an entrée, appetizer, or even a dessert with your dish, but it will all be judged by votes in the category you selected (kids/teens, amateur, professional).
- You can add any other ingredients or spices that you currently have in your fridge or pantry
- You can use any kitchen equipment you have available to make your dish
- Photo, dish name, description (up to 150 words), and recipe must be submitted by 9 AM on 6/14.

# EVENT BENEFITS

-  Winning chefs will have opportunity to showcase their winning dish the week of July 11 at The Chopping Block virtual cooking class
-  Entry into Boos Cutting Board & Care Kit raffle (participants only-\$100 value)
-  Free to compete! You'll receive a bag full of your staple ingredients and a hidden secret ingredient that you select.
-  Recipes of participants will be included on our website under our Nutrition Education programming
-  Photo of you, your dish, and description posted on the event site
-  Winners receive engraved cutting board and Beyond Hunger swag.



## PROMOTIONAL EFFORTS

Competitors are responsible for promoting their dish and soliciting votes through their own channels (email, social media, other).

We will promote the Challenge and remind people to vote in the following ways:

### Social Platforms

Over 6,500 followers  
Facebook Ads will be utilized during event

### Emails

Over 5,000 supporters on our email list

### Website

4,335 average monthly visitors

### Press Release, Posters & More

We send information out to media, promote with other organizations & businesses, and hang posters throughout the community

## IMPORTANT DATES

### June 4th (or until filled)

Participant Registration Deadline

### June 11th

Ingredient pickup day at Beyond Hunger. You will also select a hidden secret ingredient. If unable to attend you can have someone else pick up for you.

### June 14th (or sooner) by 9 AM

Final dish submission due. You must upload photo, title, description, and recipe.

### June 15th

Voting Begins

### June 24th

Last Day of Voting

### June 25th

Competition Winners & Raffle Winner Announced

### Week of July 11th (Exact Date TBD)

Virtual Public Cooking Class through The Chopping Block featuring winner's recipes