

Healthy Cook-Offs

Teach your community members of all ages that it is easy to cook healthy on a budget with a Healthy Cook-Off. A healthy cook-off allows the town to promote healthy eating and cooking in a fun and competitive way.

Create the Criteria – Set it up as a cooking competition or demonstration. Set the rules and criteria for what will determine the winner of the cook-off. Will there be a calorie limit, a price limit or a special ingredient? Pick judges to taste the food and choose the winner.

Summon the Chefs- Select the chefs-- will it be between local restaurants, municipal employees or town residents? Spread the word about your town's cook-off. Create the communication use banners and flyers, send out emails, use the media especially social media to provide updates or for sign up.

Set the Stage - Think about how to best utilize the space in your town so that each contestant has enough room to prepare and display their food.

Let the Judging Begin - Will it be a blind taste test or will each chef present his or her own dish? Will the winner get a prize? Make sure all contestants have clear recipes. Consider compiling all the recipes into a town healthy recipe cookbook!

Resources –

[Home Cooking is the Main Ingredient in a Healthier Diet](#)
[Healthy Recipe Contest Rules](#)

MWC Success Stories –

On May 15, 2013, Woodbridge Township hosted a Healthy Cook-Off at its local Wegmans. Contestants prepared healthy recipes which were judged in four categories: “Healthiest,” “Most Creative,” “Best Flavor,” and “Best Overall.” The competition was judged by a panel of special guests including former New York Giants Running Back, Ottis Anderson. To learn more about this event, click [here](#).

