

Chili COOK OFF

Make the
best chili
and
cornbread!

SUNDAY, FEBRUARY 2
5:00PM IN THE GYM



Rules and Guidelines:

- There is a \$30 dollar competitor registration fee to participate in either the chili or the cornbread cook off. If you would like to participate in both, the cost is reduced to \$50 for the total of both entries.
- Registration must include your name and the name of your competition partner (if you have one), along with a way to contact you.
- **Please list any potential allergens (i.e. nuts, soy, eggs, wheat, etc.) upon registration.**
- Chili and/or cornbread recipe should be prepared prior to the event and brought in its own warming dish (to keep temps at or above 145°) throughout the entirety of the event. Electricity will be available.
- **Competitors should be setup and ready to serve no later than 4:45pm.**
- Each chili and cornbread entry contain around 150 samples to have enough for the judges and tasters for the awards held at the end of the event (about 2-3 gallons of chili, about 2 baking sheets bread).
- **Competitors are encouraged to add “flair” to their serving area. Decorations, costumes, etc., can all be used. This year, we are adding a BEST FLAIR prize for those that participate.**
- All ingredients needed to prepare your chili and/or cornbread will be provided solely by the contender and will not be reimbursed or compensated by Christ the King Lutheran Church.
- You must read and follow **“Food Safety at Home”** (attached at the end of this document) before, during, and after the preparation to your meal since your chili will be served to the public.
- The deadline for entering as a competitor is January 30th @ 8:00pm.
- Handwashing and serving gloves (provided) will be required while serving food to the public.

Provided by CTK:

- Tables
- Chairs
- Access to electricity
- Gloves
- Trash cans and trash bags
- Trays for transporting samples
- Sampling cups, plates, spoons, and napkins
- Hand sanitizer

Provided by competitor:

- warming dish (crockpot, roaster, backing pan, etc.)
- ingredients for entries
- utensils to stir and serve entries

Judging

The judges will be looking at appearance, originality, texture, and flavor during their review process. There will be two rounds of judging. The first will be made by a selected group of three judges and the second will be a people's choice awards where the majority wins.

Ranking and Awards

With the first round of judging from our panel of three judges there will be a 1st, 2nd, and 3rd place ranking and prizes. These competitors will be chosen by the teamwork of the judges review process. The second round will have one winner chosen by the majority vote of the tasters at the event, that will receive a prize. With the cook off starting at 5:00 pm, winners to both competitions will be announced at approximately 6:45 pm.

Ingredient types

Any type of meat or vegetarian style chili is acceptable. Chili may be with or without beans. Please refrain from using any ingredients that are common allergens to others such as (but not limited to) tree nuts, peanuts, and shellfish. If one of these ingredients are used, please make note of it in your registration form and be open about that ingredient when serving to others.

1. Clean

Always wash your food, hands, counters, and cooking tools.

- Wash hands in warm soapy water for at least 20 seconds. Do this before and after touching food.
- Wash your cutting boards, dishes, forks, spoons, knives, and counter tops with hot soapy water. Do this after working with each food item.
- Rinse fruits and veggies.
- **Do not** wash meat, poultry, fish, or eggs. If water splashes from the sink in the process of washing, it can spread bacteria.
- Clean the lids on canned goods before opening.



2. Separate (Keep Apart)

Keep raw foods to themselves. Germs can spread from one food to another.

- Keep raw meat, poultry, seafood, and eggs away from other foods. Do this in your shopping cart, bags, and fridge.
- Do not reuse marinades used on raw foods unless you bring them to a boil first.
- Use a special cutting board or plate for raw foods only.



3. Cook

Foods need to get hot and stay hot. Heat kills germs.

- Cook to safe temperatures:
 - Beef, Pork, Lamb 145 °F
 - Fish 145 °F
 - Ground Beef, Pork, Lamb 160 °F
 - Turkey, Chicken, Duck 165 °F
- Use a food thermometer to make sure that food is done. You can't always tell by looking.



4. Chill

Put food in the fridge right away.

- 2-Hour Rule: Put foods in the fridge or freezer within 2 hours after cooking or buying from the store. Do this within 1 hour if it is 90 degrees or hotter outside.
- Never thaw food by simply taking it out of the fridge. Thaw food:
 - In the fridge
 - Under cold water
 - In the microwave
- Marinate foods in the fridge.



Food Safety at Home

Why should you care about food safety?

Each year millions of people get sick from food illnesses. Food illness can cause you to feel like you have the flu. Food illness can also cause serious health problems, even death.

Think you have a food illness?

Call your doctor and get medical care right away.

- Save the food package, can, or carton.
- Call USDA at 1-888-674-6854 for meat, poultry, or eggs.
- Call FDA at 1-866-300-4374 for all other foods.
- Call your local health department if you think you got sick from food you ate in a restaurant or other food seller.

Who is at risk?

Anyone can get sick from eating spoiled food. Some people are more likely to get sick from food illnesses.

- Pregnant women
- Older Adults
- People with certain health conditions like cancer, HIV/AIDS, diabetes, and kidney disease

Some foods are more risky for these people. Talk to your doctor or other health provider about which foods are safe for you to eat.

This fact sheet was developed by the FDA Office of Women's Health.
To get other women's health resources, go to

www.fda.gov/womens

