

HEALTHY HOSPITAL INITIATIVE

Live Cooking Competition 2024



The District of Columbia Hospital Association is hosting a friendly, live cooking competition on April 6 from Noon - 2 pm for hospital chefs to highlight healthy and low-sodium recipes as part of the **Healthy Hospital Initiative**. A panel of judges look forward to rating your dishes on taste, nutritional value, use of a special ingredient, appearance, and creativity. Get ready to cook-off with your peers.

Cook-off with your peers for the ultimate prize - bragging rights!

Participation Guidelines

Chefs MUST create an entrée, side dish and dessert/beverage using the guidelines and nutritional requirements below.

- Entrée: Less than 600mg of sodium and no added caloric sweetener.
- Side Dish: Less than 230mg of sodium and no added caloric sweetener.
- Desert/Beverage: Less than 230mg of sodium and no added caloric sweetener.
- Each dish must incorporate the special ingredient in any way the chef chooses, but remember, creativity counts!
- Chefs must purchase basil - the special ingredient - and cook enough to serve eight judges.
- Chefs can chose any type of basil to use in each course.

Participation Checklist

All participants must include the following for each dish.

- Written recipe for the dish including sodium (mg), sugar (g), and calories.
- Name and title of each individual or team member who contributed to the dish.
- Type of basil used in each course.

Competition Logistics

An exciting location with a professional kitchen.

- All fixed appliances (stoves, burners, refrigerator) will be available on-site. Chefs must bring everything required to cook/prepare their meals - kitchen equipment (i.e., pots, pans, knives, etc.).
- Chefs can prep their meals with the special ingredient in advance of the competition day.
- Chefs must create all dishes on-site during the competition.

Competition Location

DC Central Kitchen

2121 First Street SW, Washington, DC 20024



Judging Criteria

1. Taste
2. Nutrition
3. Use of Special Ingredient
4. Appearance
5. Creativity

Winners

Winners will be announced at the end of the competition.

Prizes

The winning chef/team will receive a Healthy Hospital Initiative Cooking Competition award for each category and the overall winner will receive the grand prize. All winners will be featured on our website, social media, and newsletters.

The Healthy Hospital Initiative is a partnership between DCHA Program Services Company, Inc. and DC Health to reduce the availability and consumption of sugar sweetened beverages and to promote healthier eating choices in DC hospitals.

For more information and questions, email Bolu Omolaju.