



SCHOOL COOKING CHALLENGE

Information sheet

Introduction Garden to Table and Christchurch City Council are excited to bring you the Root to Tip School Cooking Challenge. If you are a Year 7 or 8 student and you love to cook creatively, this is the challenge for you!

The Root to Tip philosophy encourages cooks to be resourceful with seasonal produce, using as much from each plant as possible (e.g. leaf and root, fruit and peel) to create delicious food with minimum waste!

What is it? Schools create a 2-course Savoury Vegetarian Menu that meets challenge criteria. Four finalist schools will be selected. Schools will then select 2 students to cook their menu and participate in a cooking challenge against the other finalists. Winners get to take home so great prizes for their school and themselves!

Step 1 Create Menu

Team up with a classmate/s to create a 2 Course (Entrée/Main) Vegetarian Menu that:

- Uses Root to Tip Philosophy– “using as much of the fruit and vegetable as possible” e.g. Pumpkin Soup served in a Pumpkin Bowl, Roast Beetroot salad featuring roasted beetroot and leaves
- Highlights seasonal fruit and vegetables
- Uses ingredients in new and creative ways to create tasty and delicious dishes
- Nutritious
- Can be prepared in 2 hours (Entrée after 1 hour / Main after 1.45 hour)
- Produces minimum wastage (will be weighed in the cooking challenge)
- Features produce mainly (80%) sourced from school, family, and community gardens

Step 2

Fill in Application Form

Go to www.gardentotable.org.nz/whats-new/competitions and complete and submit the application form.

Step 3

Finalists Announced!

You will receive an email announcement on finalists for the Root to Tip Cooking Challenge (scheduled to come out about July 25). If you are a finalist you will receive your next steps with this email however you should be prepared to cook your menu! The Cooking Challenge Final is scheduled on August 15th from 10am to 1.00pm.

