



Food Week Recipe Challenge

You are invited to participate in the FSHN Recipe Challenge in association with The Alan and Cathy Hitchcock Field & Fork Food Pantry. The Hitchcock Field & Fork Pantry is intended to support members of our university community who experience food insecurity.

For this event, our association with the Hitchcock Field & Fork Pantry intends to bring further awareness to the valuable campus resource in support of our UF community to combat food insecurity.

By showcasing the Pantry offerings with our recipe challenge, we aim to inspire those who rely on the Hitchcock Field & Fork Pantry service for supplemental resources, to have fun with cooking creative and delicious meals. **Items should not be obtained from the Hitchcock Pantry for this challenge unless a personal need.**

If you would like to donate to the [Alan and Cathy Hitchcock Field & Fork Pantry](#) please access their website for opportunities to contribute.

Recipe Challenge Guidelines:

1. No registration fee required.
2. Choose one item from 3 of the 5 categories below.
3. Butter, oils, spices, may be used.
4. In addition to the items above, there is a \$20 grocery limit from Publix Supermarkets for additional ingredients.
(If not in region of Publix, please use your own local chain)

*** Publix Supermarkets was chosen based on their large support for the Hitchcock Field & Fork Pantry through their Food for Sharing Program***

5. No cooking time limit.
6. No appliance restrictions.
7. Present one plate.

Submission Guidelines:

1. Email submission to FSHNadvising@ifas.ufl.edu by Wednesday, Sept. 23, 8:57pm.
2. Submission email should include the following:
 - a. Name, city, state of cook.

- b. Dish name and description.
- c. Ingredients list with (*) indication of Hitchcock Pantry associated items.
(Items not to be obtained from the Hitchcock Pantry for this challenge unless a personal need)
- d. Full Recipe.
- e. Photo of Publix/grocery receipt with \$20 limit.
- f. Photo of final plate.

Judging Criteria:

1. Creativity
 - a. Use of Hitchcock Pantry items
 - b. Diverse ingredient list
 - c. Food yield per recipe
2. Presentation
 - a. Clean plate
 - b. Colors

- Category #1**
- Mashed potatoes
 - Rice a Roni
 - Mac & cheese
 - Pasta

- Category #2**
- Soups/stews
 - Canned beans
 - Canned meat/tuna
 - beef jerky
 - Canned tomatoes
 - tomato sauce

- Category #3**
- Pretzels/chips
 - crackers
 - Granola/protein bars
 - Oatmeal
 - Cereal

- Category #4**
- Applesauce/ fruit cups
 - Peanuts/ trail mix
 - Peanut butter

- Category #5**
- Sweets/Cake Mix
 - Coffee or tea

If there are any questions about the Recipe Challenge guidelines or event, please email FSHNadvising@ifas.ufl.edu.

Thank you for your participation in this fun event and for your support of the

Alan and Cathy Hitchcock Field & Fork Pantry!