

Swap
WHEN YOU **cook**

Swap
WHEN YOU **shop**

Swap
WHEN YOU **snack**

Resources and information

Food support in Bradford district

You can find information about food banks and other options in your local area by visiting: www.bradfordfoodbanks.org.uk

Resources:

You can find useful info about ways to live a healthier and more active life by visiting our website.

There are also lots more healthy recipes to try - just click here

The NHS website offers lots of healthy food swap information along with a healthy food swap app for your phone.

For more info just click here

See info opposite about the Food Savers Network in Bradford district.

You can also find more info online, just click here

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Young Chef Competition

Young Chef for 2022-2023

Introduction

The Young Chef Competition is a regional cookery competition for Rotary, in District 1040 Yorkshire and North Lincolnshire.

Aims:

The competition aims to encourage young people to:

- Learn how to cook a healthy meal
- Develop food presentation skills
- Consider food hygiene issues
- Develop organisational and planning skills
- Develop an ability to cope in a demanding situation

The theme for 2022/23 will be "Street Food". Street Food has become so popular, restaurants, retailers and supermarkets have all introduced new ranges that cater to customers' tastes for new, fresh, and exciting flavours. Street food menus are created by using freshly cooked ingredients inspired by many varied cultures. Richard Johnson, food writer and creator of the British Street Food Awards writes: We wanted to shake off street food's reputation for cheap sausages and over-fried onions served off rusty metal handcarts.

We've got more three-starred Michelin restaurants in Britain than Italy, so it was about time we got our street food sorted too.

Could you create, prepare, cook, and serve an exciting signature dish suitable to earn the name "street food"?

Tell us about your signature dish, its background, how you developed it and its unique ingredients.

Would you like to work with some amazing chefs to help you develop your dish, and learn some valuable kitchen skills?

Winners will get to attend the British Street Food Awards next September.



Who can take part?

The competition is open to all schools and college communities and those who are home educated, along with any other young people's community organisations, for example, community RotaKids, community Interact, Scout Groups, Girl Guides.

Students must have been between ages 10 and 17 on 31 August 2022.

This competition is intended for amateurs; for the purpose of the competition, an amateur is a person who is not in full, or regular part-time, employment in the catering trade. Eligible entrants who have been temporarily employed by restaurants during the school holidays may take part.

The competition is not open to students who are enrolled on a full-time catering course studying for a qualification above "A" level (or equivalent) standard. Students in part-time (day release) education are not eligible to participate.

Students should enter the competition, organised by their local Rotary club, through their school, college, or youth organisation.

Prospective school entrants can request an entry form by emailing rotaryfood@aol.com

Closing date: January 20th 2023



Yorkshire and
North Lincolnshire