

Local Chef



What is it?

Girl Scouts of Northern Illinois is collaborating with the *Women Changing the Face of Agriculture* for a one of a kind competition. Local Chef is a way for our Girl Scouts to learn what eating locally is really all about. To eat local food means searching for food that has a minimized distance between production and consumption. In 2008, the Farm Act defined local food to be within a 400 mile radius or within the State of origin. By collaborating with the *Women Changing the Face of Agriculture*, we are giving girls the chance to learn more about their local, where the food is grown, how small businesses can benefit their community and how local food can lead to a healthy living lifestyle.

The Competition

Your team will create a dish that is made from local food, including your spices. You will need to include 2 of the 3 ingredients that are known to be Illinois top crops: corn, pumpkin, and soybeans. Once you have a dish planned and have the ingredients to make your delicious meal, you will turn yourself into a TV chef, by recording a video of your team making your local food inspired dish.

In the video please report the following:

1. Your Troop Number and Service Unit numbers
2. Your names (First and Last)
3. What you will be making
4. Describe what you are doing while making your dish

The goal is to create a dish with the least amount of distance. Your team will need to add up the total miles for the ingredients you use. For example, you went to the Farmers Market and bought some carrots. You will ask the farmer where the carrots were grown and calculate the distance from the Farmers Market to the farm to get your total miles. If you live in a different town than where the Farmers Market is located, you will then need to add the distance from your house to the Farmers Market to your total. You will do this for every ingredient in your recipe.

Prizes for the Top 3 Winning Groups

First Prize:

- \$500 towards your Troop Account
- An all-expense paid trip to the Women Changing the Face of Agriculture on March 4, 2016
- A surprise activity!
- Patch and a Certificate

Second Prize:

- \$300 towards your Troop Account
- An all-expense paid trip to the Women Changing the Face of Agriculture on March 4, 2016
- Patch and a Certificate

Third Prize:

- \$150 towards your Troop Account
- An all-expense paid trip to the Women Changing the Face of Agriculture on March , 2016
- Patch and a Certificate

Rules and Video Submission Requirements

Rules:

1. Teams must have 3-5 girls
2. Senior and Ambassador Girl Scouts only (if not a Girl Scout, then you must register as one before submitting a video)
3. Use locally grown ingredients to make your dish and make sure you talk to the seller to see where it was grown so you can calculate the mileage. (You will NOT need to calculate distance for salt).
4. Record a video of all participating girls making the dish as if you were on a real TV Chef show.
5. Wear your Girl Scouts Vests!
6. Keep a record of the distance for each ingredient you use. The goal is to have the least amount of distance for your whole dish.
7. Make sure you answer all of the required questions in the video as stated above.

Video Submission:

1. All girls must sign and turn in the Photo Release waiver located on our website in the Volunteer Resource- Parental Permission Forms.
2. Video submissions are due on December 15, 2015
3. Once your video is recorded, please post on YouTube.
4. When posting your video on YouTube, please put in your description box:
 - a. Troop Number and Service Unit
 - b. Names (First and Last)
 - c. The name of your dish
 - d. Include a list of the ingredients and where those ingredients were produced (company and city/state)
5. Then email the link to your YouTube video to Katie Sullivan at ksullivan@girlscoutsni.org