

# Care Food Cooking Competition 2024

## Competition Details

The Hong Kong Council of Social Service (HKCSS) invited caregivers as contestants for the first time in our Care Food Cooking Competition 2023, we bring the concept of Care Food into the community and integrate Care Food into daily life.

This year, we have invited caregivers and foreign domestic helpers, with the theme of "Travel with Care Food", allowing caregivers and foreign domestic helpers to turn the favorite and unforgettable food of dysphagia individuals during their trip to Hong Kong or around the world into Care Food, in hope that people with dysphagia recalling the joyful moments they had during their journey.

Hong Kong is a city of delicacies, where you can enjoy different cuisines in every district. However, people with dysphagia only have a few options for dining out. Through this competition, we hope to provide caregivers and foreign domestic helpers with a deeper understanding of Care Food-related knowledge so that people with dysphagia can have a taste of dishes of different styles. At the same time, promoting Care Food to the community, we envision people with dysphagia in various districts enjoying diverse delicacies from different places, so people from every district can enjoy delicious food.

Details of the competition are as follows:

1. Organiser: The Hong Kong Council of Social Service
2. Partners: Vocational Training Council (VTC) International Culinary Institute, Chinese Culinary Institute, Hotel and Tourism Institute
3. Vision:
  - Raise public awareness of Care Food and the Guideline of Care Food Standard
  - Relieve caregiving pressure of caregivers through enhancing their knowledge and skills of Care Food making
  - Provide a variety of dietary solutions for people with dysphagia to improve their quality

of life

#### 4. Competition Schedule

##### 4.1 Shortlisting candidates

Theme:	Travel with CareFood <ul style="list-style-type: none"><li>● If your family member has dysphagia, they may not be able to enjoy the delicacies they loved while traveling in the past.</li><li>● This competition aims to turn the food that the dysphagia individuals like during their travel into Care Food, so they can regain the taste of delicious food and relive the memories of that time.</li></ul>
Eligibility:	Caregiver and foreign domestic helpers
Dish Requirements	Turn a dish that the dysphagia individuals like during their trip into Care Food; there is no limit to the cooking method.
Ssubmission Methods:	Please email the completed application form to <a href="mailto:goodlife@hkcss.org.hk">goodlife@hkcss.org.hk</a> before the deadline or fill out the Google form. Applicants must attach photos / videos to introduce their dish.
Deadline of Application:	July 28, 2024 (Sunday) 5:00 p.m.
Finalist Notification:	The list of finalists will be announced on 6th August, 2024 (Tuesday). The finalists will be notified separately and will receive an additional cash subsidy of HK\$3,800 for preparing the final. (The subsidy will be distributed in two phases, and only those who have successfully completed the Final and Award Ceremony will be eligible for the full subsidy.)

##### 4.2 Pre-competition activities

Care Food and Dysphagia	Workshop 1
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Workshops	<ul style="list-style-type: none"> <li>➤ Planned to be held on 17th August, 2024. (The actual time and location will be notified separately)</li> <li>➤ The duration is around 3 hours.</li> <li>➤ For shortlisted candidates only.</li> </ul> <p>Session 1</p> <ul style="list-style-type: none"> <li>➤ Speech therapist shares knowledge about dysphagia, Guideline of Care Food Standard and caring skills.</li> <li>➤ Chef demonstrates and guides Care Food cooking techniques.</li> </ul> <p>Session 2</p> <ul style="list-style-type: none"> <li>➤ Each shortlisted candidate will be paired and cooperate with a student from the Vocational Training Council (VTC). VTC students will help improve the competition dish and plating, assist candidates in dish preparation, and work with them in the final.</li> <li>➤ Candidates and VTC students can get to know each other and share cooking experiences.</li> </ul>
	<p>Workshop 2</p> <ul style="list-style-type: none"> <li>➤ Planned to be held in the afternoon on 7th September, 2024. (The actual time and location will be notified separately)</li> <li>➤ The duration is around 2 hours.</li> </ul> <p>Session 1 (Workshop)</p> <ul style="list-style-type: none"> <li>➤ Tips sharing from experts on Care Food nutrition.</li> </ul> <p>Session 2 (Interact with Public)</p> <ul style="list-style-type: none"> <li>➤ Shortlisted candidates will display their entries to let the public understand their entries.</li> </ul>
Pre-competition Practice	<ul style="list-style-type: none"> <li>➤ Planned to be held on 21st September, 2024 . (The actual time and location will be notified separately)</li> <li>➤ The shortlisted candidates will try to cook the competition dish together with VTC students and will</li> </ul>

	<p>be guided by professionals.</p> <ul style="list-style-type: none"> <li>➤ Shortlisted candidates have to be interviewed and shoot a short video on that day for public voting.</li> </ul>
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#### 4.3 Final

Date:	19th October, 2024 (Saturday)
Time:	2:00 p.m. to 5:00 p.m. (tentative)
Venue:	International Culinary Institute (143 Pok Fu Lam Road, Hong Kong)
Rules of Competition:	<ul style="list-style-type: none"> <li>➤ Finalists are required to cook Care Food dishes on-site within the designated time (about 30 minutes), and they will have extra 1-2 minutes to introduce their work.</li> <li>➤ Finalists need to prepare their own cooking materials and utensils. Only basic cooking utensils and water will be provided.</li> <li>➤ Finalists can prepare and proceed some time-consuming ingredients before the competition, in order to complete the dishes within the specified time.</li> <li>➤ Finalists should use the recipe submitted during the selection process. However, finalists can adjust the ingredients, portions, and cooking methods according to the dish requirements after the pre-competition preparation activities.</li> </ul>
Dish Requirements:	<p>Finalists are required to cook shortlisted dishes and comply with the Guideline of Care Food Standard. The dish needs to meet one of the following levels:</p> <ul style="list-style-type: none"> <li>➤ Level 4 (Pureed)</li> <li>➤ Level 5 (Minced &amp; moist)</li> <li>➤ Level 6 (Soft &amp; bite-sized)</li> <li>➤ Level 7EC (Easy to chew)</li> </ul> <p>Remark: The Guideline of Care Food Standard will be taught during pre-</p>

	competition activities.
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#### 4.4 Award Ceremony

Date:	23rd November, 2024 (The actual time and location will be notified separately)
Venue:	Hong Kong Convention and Exhibition Centre
Content:	All finalists will be invited to the Care Food Cooking Competition Award Ceremony in November when they will also be presented with trophies. They also have to prepare the dish they prepared in competition for display and introduction.

#### 5. Competition Awards

This competition has the following awards:

5.1 Care Food Home Chef (multiple quota): To commend the outstanding performance of the shortlisted finalists and their contribution in promoting Care Food.

Each awardee will receive prizes with a total value of HK\$1,200.

5.2 Four awards are established based on the four primary elements in the "Care Food" logo of the HKCSS; each of them has a symbolic meaning:

- "Delightful Food" Award: "Food" is the basic needs of all people, it shows that "Care Food" respects the basic rights of people, including those in need.
- "Joy" Award: Bringing delicious and enjoyable eating experience to people who are in need through "Care Food".
- "Connections" Award: Highlighting the connections built between people by "Care Food".
- "Compassion" Award: Emphasizing that there is love and care behind every "Care Food".

Each awardee will receive prizes worth a total of HKD\$800, 1 winner for each prize.

5.3 The Most Liked Award (1 winner): Let the public vote for their favorite dish.

Awardee will receive prizes worth a total of HKD\$800.

5.4 The Most Nutritious Award (1 winner): the finalists' dishes will be scored based on aspects such as nutrition and overall collocation.

Awardee will receive prizes worth a total of HKD\$800.

\*In order to encourage participants to take part in the competition, various prizes will be awarded. With the exception of the Care Food Home Chef Award and the Most Liked Award, winners of all other awards will not be eligible for duplicate awards.

## 6. Evaluation Criteria

### 6.1 Shortlisted selection

Marking Criteria	Proportion
Creativity, design concept and the story behind the dish	30%
Ingredient selection (diversity, overall proportion) and nutrition	20%
Cooking methods (cooking techniques)	20%
Completeness of the recipe (details of the cooking process, order and ingredient quantities)	15%
Suitability for elderly with dysphagia	15%

### 6.2 Final

Awards	Marking Criteria	Proportion
"Delightful Food" Award	Overall taste & texture	50%
	Smell, color and food collocation	25%
	Meeting the requirement of	25%

	hardness level indicated by the Guideline of Care Food Standard	
"Joy" Award	Creativity & design concept	50%
	Food appearance, plating and color matching	25%
	Meeting the requirement of hardness level indicated by the Guideline of Care Food Standard	25%
"Connections" Award	Message behind the dish	50%
	Story Presentation	25%
	Meeting the requirement of hardness level indicated by the Guideline of Care Food Standard	25%
"Compassion" Award	Clearness of the recipe	50%
	Easiness for caregiver to learn	25%
	Meeting the requirement of hardness level indicated by the Guideline of Care Food Standard	25%
The Most Liked Award	The promotion video and dish will be posted on Facebook, the post with the most likes will win be awarded.	N/A
The Most Nutritious Award	Overall nutrition balance	50%
	Suitability for elderly with dysphagia	25%
	Selecting healthy and diverse ingredients	25%

7. Enquiry :

The Hong Kong Council of Social Service

Care Food Working Group

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