



S.Y. 2025-2026 NESTLÉ WELLNESS CAMPUS SARAP SUSTANSYA COOK-OFF COMPETITION June 16, 2025 to March 30, 2026

DESCRIPTION

The Sarap Sustansya Cook-Off is an inter-school competition that advocates the goodness of homemade cooking and the consumption of delicious and nutritious food.

QUALIFICATION

The contest is open to all public Junior High Schools in the nine (9) participating regions, namely: National Capital Region, CALABARZON, Bicol, Western Visayas, Negros Island Region, Central Visayas, Eastern Visayas, Northern Mindanao, Davao Region. A school team must be composed of three (3) students and one (1) teacher-coach from the school. Only the students shall prepare and cook the recipes, with the presence and guidance of the teacher-coach.

MECHANICS

- There will be three levels of competition: Division, Regional, and National Level.
- Interested public schools must submit a registration form, which should be signed by the official school representative or school head, along with a waiver signed by the parent or legal guardian. Each school should be represented by only one team.
- This year, the division and regional levels of the competition will be about bringing out the most favorite home recipes.
- In the division and regional levels of the competition qualified entries must meet
 - One (1) video featuring a dish that represents Sarap Sustansya.
 - Maximum cost of the dish is Php 500.00 including dessert and good for four (4) persons only.
 - Participants will shoulder the cost of their recipes.
 - The video must not exceed 7 minutes in MP4 format.

A qualified video entry must include the following:

 - A 1-minute testimonial from students, highlighting the modules and learnings from the selected MAGGI videos available on YouTube through this link: <https://bit.ly/SarapSustansya>
 - A 1-minute segment showcasing the harvest of ingredients from the school's Gulayan sa Paaralan which will be used in the team's recipe.
 - The remaining 5 minutes should feature the students' actual cooking and plating, along with their narrative explaining why their dish is both delicious and balanced.
- During the actual cooking, wearing of chef uniform is not allowed. Students shall wear aprons. Only the students shall be visible in the video.
- Submission of video entries will be based on a deadline set in coordination with the DepEd Division Focal Person.
- Winners of the division competition will have two opportunities to advance:
 - National Face-to-Face Cook-Off Showdown
 - People's Choice Competition
- In the National Face-to-Face Cook-Off Showdown, winning video entries from the Division Level will automatically qualify for the regional competition. Regional winners will then represent their regions in the national face-to-face showdown, where contestants will simultaneously cook their recipe and demonstrate their cooking skills in front of a panel of judges.
- In the People's Choice Competition, all division-winning videos will be uploaded simultaneously in the MAGGI YouTube page for online voting. The voting period will be announced, and the video with the most likes will be declared the winner.

CRITERIA – Division and Regional Level

1. Sarap Sustansya	Is the dish tasty and balanced? Do the ingredients complement each other? Does it use healthier ingredients and cooking methods?	40%
2. Appearance and Palatability	Does it entice the whole family especially the children to eat tasty and balanced meals? Does it have a variety of colors? Does it look palatable?	20%
3. Food Safety	Did they follow basic food safety procedures while preparing? Is the working area clean? Are tools and equipment properly used?	15%
4. Accessibility of Ingredients	Are the selected ingredients easily accessible? Is the final recipe within budget? Is it sufficient to serve a family of four? Are any of the ingredients harvested from the Gulayan sa Paaralan?	15%
4. Video format* & Organization	Does the video have high-quality visuals? Does it have clear narration and presentation? Does the video fall within the required time limit?	10%
*Video format will only apply in the Division and Regional competition.		
TOTAL:		100%

CRITERIA – National Level

1. Sarap Sustansya	Is the dish tasty and balanced? Do the ingredients complement each other? Does it use healthier ingredients and cooking methods?	40%
2. Execution	Did the participants demonstrate proficiency during preparation and cooking? Did the teams successfully accomplish the recipe? Did the dish come together? Was the dish prepared on time?	30%
3. Appearance	Does it entice the whole family especially the children to eat sarap-sustansya dish? Does it look appetizing and tastefully pleasing to the eyes? Does it have a variety of colors? Does it look palatable?	10%
4. Cleanliness and Food Safety	Was the area set up properly? Did the participants wear the prescribed attire? Did they follow basic food safety procedures while preparing? Is the working area clean after the live cooking? Are tools and equipment properly used?	10%
4. Affordability and Accessibility of Ingredients	Is the recipe affordable? Are ingredients used in the dish readily available? Is the final recipe within the budget? Is the number of servings good enough to serve a family of four?	10%
TOTAL:		100%



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- The theme for the National Cook-Off showdown will be announced on a prior date. Teams must submit a written recipe in English.
- The date for recipe submission will be coordinated with the regional representatives accordingly. Ingredients and all the needed cooking utensils and equipment will be coordinated by GreatFil Team, Inc. (GTI) to ensure it will be made available on the actual competition day. Ingredients will be sourced out by the team in coordination with the GTI representative.
- Each team will be given one hour and 30 minutes to prepare and cook their recipes for the student's actual cooking and plating.
- Entries at all levels of the competition must feature dishes using Nestlé-MAGGI products.
- No substitution of Nestlé-MAGGI products shall be allowed. Teams shall use at least 1 Nestlé product, but there should be no mention and endorsement of the specific Nestlé products during actual food preparation.
- The national competition will provide memorable learning experiences for the national finalists as there will be a mentorship session on Day 1 and the actual cooking competition on Day 2. All national finalists with their coaches will travel to the competition venue and their travel, food, and accommodation expenses will be covered by Nestlé Philippines, Inc. (NPI) through GTI.
- In cases that other DepEd key personnel such as school head, EPS, Chiefs, ASDS, SDS and others would want to attend/witness the competition, their travel, accommodation, food, and other related expenses shall be charged to their local funds and/or any available funds subject to the approval of the office of Schools Division Superintendent or Regional Director.
- A panel of judges for each level of the contest will be identified by DepEd in coordination with GTI and NPI.
- NPI reserves the right to publish and/or broadcast the winners' name, photo or likeness, and video submission/entry, for advertising and publicity purposes without monetary compensation.

PRIZES

Winners will receive the following prize packages:

Cook-Off Showdown

I. Division Level	II. Regional Level	III. National Level	
Php 5,000 + plaque of recognition	Php 50,000 + plaque of recognition	Champion	Php 75,000 + plaque of recognition
		1st Runner-Up	Php 60,000 + plaque of recognition
		2nd Runner-Up	Php 50,000 + plaque of recognition

People's Choice Award

Champion 1st Runner-Up 2nd Runner-Up	Php 50,000 + plaque of recognition Php 30,000 + plaque of recognition Php 20,000 + plaque of recognition
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Prize Packages: The winners may select from among the items listed below. The quantity of items will depend on the value of the corresponding prize package won.

a. Cooking Range b. Refrigerator	c. Food Processor d. Mixer	c. Microwave Oven d. Cooking tools/ equipment
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- The Prize will be delivered to the winning school's address as provided in the registration form. NPI, through GTI, will shoulder the delivery cost of the Prize. It will be delivered to the school on a date scheduled and agreed upon with GTI, or within 60 days from the end of the competition.
- By receiving the Prize, the participants attest that they have read and understood the full Activity mechanics and agree to abide by the terms and conditions.
- NPI/GTI shall have the absolute right to change the mechanics to ensure the successful and orderly implementation of the Program upon prior notice to participants.