



*Cooking for a Healthy Life presents*

# Cabarrus Chef Challenge



The Cabarrus Chef Challenge provides real life challenges that inform, test and push participants in the most exciting ways. By linking education with industry, the Cabarrus Chef Challenge presents a three-step culinary competition which brings to life what you have learned in the kitchen, in a real restaurant setting.

Review instructions  
and complete your team's  
application online

1

2

Prepare and cook a three  
course menu

Present your menu  
and meal to a panel  
of professional judges

3

## Dates to Remember:

**April 5** - Applications Due

**May 18** - Adult Preliminary

**Cabarrus Health Alliance**

300 Mooresville Road  
Kannapolis, NC 28081

**May 20** - Adult Finals

**Restaurant Forty Six**

101 West Avenue  
Kannapolis, NC 28081

The winning team's recipes will be  
featured on **NBC's Charlotte Today.**

## Have questions?

Contact Kelsey Heller at  
704-920-1257 or  
kelsey.heller@cabarrushealth.org

Find more details and application at [www.cabarrushealth.org/chefchallenge](http://www.cabarrushealth.org/chefchallenge)