



Mission: *Empowering individuals with disabilities to enhance their quality of life!*

Vision: *Full inclusion for people with disabilities*

Values: *Honesty · Integrity · Trust · Professionalism · Mutual Respect*



Our annual Chili Cook Off is coming up on Saturday, September 13, 2014 and we are so it is again happening in Pollock Pines. We are already working hard to make sure the attendance is the best we've ever had so be prepared for a record crowd. This event is all about you, our treasured chili cooks, so we want to make sure you have everything you need. You will find a list of all the equipment and supplies you may need attached to this letter to help you with your planning for the event.

As you know, MORE seeks to “empower individuals with disabilities to enhance their quality of life”, and that’s just what our programs do. The Chili Cook Off is one of our largest fundraisers and the money raised goes directly to improve our programs and provide services to adults with disabilities. We appreciate all who support our goals by participating in the cook off.

So please take a minute to fill out the enclosed application and return it to as soon as you can along with your application fee. We look forward to hearing from you.

Once again, thank you for your support and the gift of your time, talent, and **CHILI!**

Sincerely,

Susie Davies
Executive Director

MOTHER LODGE REHABILITATION ENTERPRISES, INC.

399 PLACERVILLE DRIVE • PLACERVILLE, CA 95667-3912 • PHONE: 530.622.4848
FAX: 530.622.0204 • WEB SITE: www.more rehab.org • e-mail: susie.davies@more rehab.org
A PRIVATE, 501(C)3, NON-PROFIT CORPORATION SERVING ADULTS WITH DISABILITIES SINCE 1973



MORE'S ANNUAL CHILI COOK OFF

OFFICIAL ENTRY FORM

It's that time again—time to dust off that trusted chili recipe and get cracking for a chance at that coveted title “Best Chili of the Year”. This year our Cook Off will take place on Saturday, September 13, 2014 at **the Pollock Pines/ Camino Community Center at 2675 Sanders Drive**, just off Pony Express, next to the Bowling Alley. We request that all chili cooks arrive before 8:00 a.m. in order to have enough time for your chili to “mature” in time for judging at 12:00.

All entry forms must be returned to MORE at 399 Placerville Drive, Placerville, CA 95667 before September 1, 2014.

Tentative Schedule: 8:00-12:00 Chili cooks prepare their entry (some cooks begin setting up as early as 6:00 am)
 12:00 Judging of Chili starts
 12:30-2:00 Chili Tasting

RULES

- All ingredients, except beans, must be prepared on the premises on the day of the cook off.
- Chili cooks are responsible to provide all necessary equipment (see suggested list on reverse), with the exception of tasting cups and spoons which will be provided for you.
- A place to wash equipment and hands will be provided.
- We ask that all cooks follow basic safe food handling guidelines (see attached handout).
- Please plan on providing enough chili for 500 tastes (approximately 1 oz. each, or 4 gallons).
- Decisions of the judges are final.

To enter, fill out the form below and return it along with your \$10.00 entry fee to M.O.R.E. at 399 Placerville Drive, Placerville, CA 95667. Or fax it to (530) 622-0204. Please save the receipts from the purchase of all your ingredients as they can be considered a donation to MORE and as such can be deducted on your income tax return. Please call Robin or Arlene at (530) 622-4848 if you have any questions. Good luck and thank you for entering!

OFFICIAL COOK OFF ENTRY FORM

Name	Phone Number/e-mail
Team Name	Mailing Address

Please return to M.O.R.E. at 399 Placerville Drive, Placerville, CA 95667; or fax it to (530) 622-0204. We can take your payment by credit card by calling (530) 622-4848.



SUGGESTED LIST OF EQUIPMENT

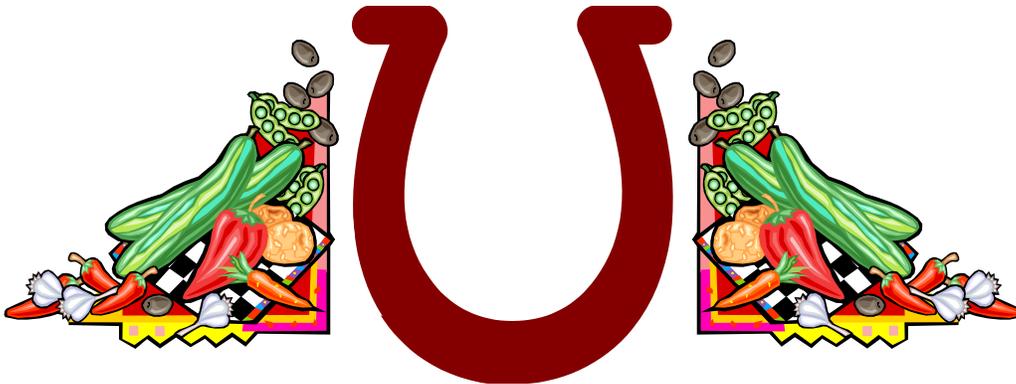
This list is by no means inclusive or mandatory, but simply an observation of what most of our cooks have found necessary over the years. You are responsible to provide all the equipment you will need to prepare your chili. **NO ELECTRICITY WILL BE AVAILABLE**

- Probe Thermometer
- Pop up canopy
- Table
- Stove fueled by propane or white gas
- Sufficient propane or white gas to fuel your stove for approximately 4 hours
- Pots & Pans
- Ice Chest
- Chairs
- Cooking utensils
- Cutting boards
- Knives
- Can opener

REMEMBER, IF YOU DON'T BRING IT WITH YOU, YOU WILL NOT HAVE IT. MORE will not be able to supply you with any of this equipment if you do not remember to bring it.

We appreciate all of our chili cooks and hope you have a fun and rewarding experience at the cook off. We appreciate your support of MORE, our programs, and adults with disabilities.

GOOD LUCK!



SAFE FOOD HANDLING

Basics for Handling Food Safely

Safe steps in food handling, cooking, and storage are essential to prevent food borne illness. You can't see, smell, or taste harmful bacteria that may cause illness. In every step of food preparation, follow the four Fight BAC!™ guidelines to keep food safe:

- Clean — Wash hands and surfaces often.
- Separate — Don't cross-contaminate.
- Cook — Cook to proper temperatures.
- Chill — Refrigerate promptly.

Shopping

- Purchase refrigerated or frozen items after selecting your non-perishables.
- Never choose meat or poultry in packaging that is torn or leaking.
- Do not buy food past "Sell-By," "Use-By," or other expiration dates.

Storage

- Always refrigerate perishable food within 2 hours (1 hour when the temperature is above 90 °F).
- Check the temperature of your refrigerator and freezer with an appliance thermometer. The refrigerator should be at 40 °F or below and the freezer at 0 °F or below.
- Cook or freeze fresh poultry, fish, ground meats, and variety meats within 2 days; other beef, veal, lamb, or pork, within 3 to 5 days.
- Perishable food such as meat and poultry should be wrapped securely to maintain quality and to prevent meat juices from getting onto other food.
- To maintain quality when freezing meat and poultry in its original package, wrap the package again with foil or plastic wrap that is recommended for the freezer.
- In general, high-acid canned food such as tomatoes, grapefruit, and pineapple can be stored on the shelf for 12 to 18 months. Low-acid canned food such as meat, poultry, fish, and most vegetables will keep 2 to 5 years — if the can remains in good condition and has been stored in a cool, clean, and dry place. Discard cans that are dented, leaking, bulging, or rusted.

Preparation

- Always wash hands with warm water and soap for 20 seconds before and after handling food.
- Don't cross-contaminate. Keep raw meat, poultry, fish, and their juices away from other food. After cutting raw meats, wash cutting board, utensils, and countertops with hot, soapy water.
- Cutting boards, utensils, and countertops can be sanitized by using a solution of 1 tablespoon of unscented, liquid chlorine bleach in 1 gallon of water.
- Marinate meat and poultry in a covered dish in the refrigerator.

Thawing

- Refrigerator: The refrigerator allows slow, safe thawing. Make sure thawing meat and poultry juices do not drip onto other food.
- Cold Water: For faster thawing, place food in a leak-proof plastic bag. Submerge in cold tap water. Change the water every 30 minutes. Cook immediately after thawing.
- Microwave: Cook meat and poultry immediately after microwave thawing.

Cooking

- Beef, veal, and lamb steaks, roasts, and chops may be cooked to 145 °F.
- All cuts of pork, 160 °F.
- Ground beef, veal and lamb to 160 °F.
- All poultry should reach a safe minimum internal temperature of 165 °F.

Serving

- Hot food should be held at 140 °F or warmer.
- Cold food should be held at 40 °F or colder.
- When serving food at a buffet, keep food hot with chafing dishes, slow cookers, and warming trays.
- Keep food cold by nesting dishes in bowls of ice or use small serving trays and replace them often.
- Perishable food should not be left out more than 2 hours at room temperature (1 hour when the temperature is above 90 °F).

Leftovers

Discard any food left out at room temperature for more than 2 hours (1 hour if the temperature was above 90 °F).

Place food into shallow containers and immediately put in the refrigerator or freezer for rapid cooling. Use cooked leftovers within 4 days.

Refreezing

Meat and poultry defrosted in the refrigerator may be refrozen before or after cooking. If thawed by other methods, cook before refreezing.

Cold Storage Chart

These short, but safe, time limits will help keep refrigerated food from spoiling or becoming dangerous to eat. Because freezing keeps food safe indefinitely, recommended storage times are for quality only.

Cold Storage Chart		
Refrigerator (40 °F)	Freezer (0 °F)	
Eggs		
3 to 5 weeks	Do not freeze	
2 to 4 days	1 year	
1 week	Does not freeze well	
3 days	Does not freeze well	
10 days	1 year	
Mayonnaise, Commercial		
2 months	Do not freeze	
Frozen Dinners & Entrees		
	3 to 4 months	
3 to 5 days	Does not freeze well	
Hot dogs & Luncheon Meats		
Hot dogs		
Opened package	1 week	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Luncheon meat		
Opened package	3 to 5 days	1 to 2 months
Unopened package	2 weeks	1 to 2 months
Bacon & Sausage		
Bacon	7 days	1 month
Sausage, raw — from chicken, turkey, pork, beef	1 to 2 days	1 to 2 months
Smoked breakfast links, patties	7 days	1 to 2 months
Hard sausage — pepperoni, jerky sticks	2 to 3 weeks	1 to 2 months
Summer sausage labeled "Keep Refrigerated"		
Opened	3 weeks	1 to 2 months
Unopened	3 months	1 to 2 months
Corned Beef		
Corned beef, in pouch with pickling juices	5 to 7 days	Drained, 1 month
Ham, canned labeled "Keep Refrigerated"		
Opened	3 to 5 days	1 to 2 months
Unopened	6 to 9 months	Do not freeze
Ham, fully cooked		
Vacuum sealed at plant, undated, unopened	2 weeks	1 to 2 months
Vacuum sealed at plant, dated, unopened	"Use-By" date on package	1 to 2 months
Whole	7 days	1 to 2 months
Half	3 to 5 days	1 to 2 months
Slices	3 to 4 days	1 to 2 months

Hamburger, Ground & Stew Meat

Hamburger & stew meat	1 to 2 days	3 to 4 months
Ground turkey, veal, pork, lamb, & mixtures of them	1 to 2 days	3 to 4 months

Fresh Beef, Veal, Lamb, Pork

Steaks	3 to 5 days	6 to 12 months
Chops	3 to 5 days	4 to 6 months
Roasts	3 to 5 days	4 to 12 months
Variety meats — tongue, liver, heart, kidneys, chitterlings	1 to 2 days	3 to 4 months
Pre-stuffed, uncooked pork chops, lamb chops, or chicken breasts stuffed with dressing	1 day	Does not freeze well

Soups & Stews

Vegetable or meat added	3 to 4 days	2 to 3 months
-------------------------	-------------	---------------

Fresh Poultry

Chicken or turkey, whole	1 to 2 days	1 year
Chicken or turkey, pieces	1 to 2 days	9 months
Giblets	1 to 2 days	3 to 4 months

Cooked Meat and Poultry Leftovers

Cooked meat & meat casseroles	3 to 4 days	2 to 3 months
Gravy & meat broth	1 to 2 days	2 to 3 months
Fried chicken	3 to 4 days	4 months
Cooked poultry casseroles	3 to 4 days	4 to 6 months
Poultry pieces, plain	3 to 4 days	4 months
Poultry pieces in broth, gravy	1 to 2 days	6 months
Chicken nuggets, patties	1 to 2 days	1 to 3 months

Other Cooked Leftovers

Pizza, cooked	3 to 4 days	1 to 2 months
Stuffing, cooked	3 to 4 days	1 month