



IOWA
STATE ASSOCIATION

\$15 Meal Challenge

Event Details: (Level 1, 2, or 3. This is an individual event.)

Directions: The challenge is to create a healthy family meal for \$15.00. The following are the requirements

- A poster created detailing the experience
- Inclusion of the five food groups and proper serving sizes for four people
- The menu, the outline of food items, and appropriate portion sizes for each food item.
- Meal type (breakfast, lunch, or dinner)
- Copy of grocery receipts (up to 2)
- Photos of the experience: grocery shopping, food preparation, and prepared meal.

Identification: Placard should include project name, member name, chapter, and level

Submission: On-site at event

	Incomplete	Does not meet expectations	Somewhat meets expectations	Meets Expectations	Exceeds Expectations	Points
Includes all of the required food groups	1	2	3	4	5	
Proper serving size for four people	1	2	3	4	5	
Strong menu planning for type of meal	1-2	3-4	5-6	7-8	9-10	
Grocery receipts meet the requirements	1-2	3-4	5-6	7-8	9-10	
Photos of the experience	1-2	3-4	5-6	7-8	9-10	
Poster is visually appealing and supports the challenge	1-2	3-4	5-6	7-8	9-10	
Total Points Possible 50						
Ranking (complete after scoring)						
Comments:						