

Contest Rules and Mechanics

Waste Not, Want Not: The Sustainable Cooking Showdown

MMCL Cup 2025

PARTICIPANTS' ELIGIBILITY AND REGISTRATION

- Only one team per school may participate.
- Each team must be composed of four (4) senior high school students, **Grade 11 or Grade 12**, who are currently enrolled for the **School Year 2025-2026**. Three (3) of the members will be the official contestants, while one (1) member will be an alternate. The alternate contestant will be the only acceptable substitute if any one of the officially registered contestants will not be able to participate in the contest.
- Each member of the team must NOT be a contestant in other contests of the Mapua MCL Cup.
- Registration is REQUIRED. Registration forms can be accessed via <https://bit.ly/WasteNotWantNotRegForm> and shall be submitted through <https://bit.ly/MapuaMCLCup2025SubBin> together with the student's school ID.
- Deadline for registration is on October 17, 2025. Incomplete or late registration is a ground for disqualification.
- Participants must present their physical school IDs upon onsite registration.
- Participants are requested to be at the venue at least one hour before the official start of the event. The organizers reserve the right not to allow participants who will come late during the actual event.

SPECIFIC CONTEST GUIDELINES

- Upon registration, teams shall submit their recipes, including a detailed list of ingredients with a cost breakdown not exceeding P500.00, highlighting the sustainable and waste ingredients to be used; step-by step instructions for each course; and a concise explanation of your sustainable practices and waste reduction techniques. These shall be printed on short bond paper.
- Each team shall prepare a main course meal (composed of starch, meat, and side dish) to promote awareness and creativity in sustainable cooking practices, utilizing locally sourced, seasonal, and eco-friendly ingredients while minimizing waste.
- Servings for the recipe should be good for two (2) persons but plated individually (one serving per plate). One (1) plate will be food for the judges and the other identical plate will be for display.
- Food items must complement each other as a complete meal. The use of artificial or instant seasonings in any form is highly discouraged.
- Participants must provide their own materials (tools and ingredients) to be listed in the **ingress form**. These must be within the designated competition area before the start of the competition.
- All food preparation must be done on the spot. Cooked, pre-cooked, pre-cut, pre-marinated, and pre-measure ingredients shall NOT be allowed to be used.

- Participants are encouraged to use environment-friendly plates, utensils, and other packaging materials. There should be no logo, name, or marks that will identify an establishment or school.
- CLAYGO (Clean As You Go) Policy shall be applied. Food safety and sanitation shall be observed.
- Each group shall be provided with two (2) gas burners, oven, and a working table with a sink as their work space. A common chiller and freezer will also be provided. Preheating of the oven is allowed.
- Participants shall wear appropriate cooking attire: apron, hand towels, and hairnets/caps without any logo or marks of any school.
- The cooking showdown will take place within one and a half (1.5ap) hours: fifteen (15) minutes to fix their area, one (1) hour to cook and plate on the spot, and another fifteen (15) minutes to clean up.
- If the number of participating teams exceeds seven (7), the participants may be clustered in batches.

CRITERIA FOR JUDGING	
CATEGORIES	PERCENTAGE
Taste & Presentation Flavor, Visual Appeal, Originality	40
Use of Sustainable Ingredients Ingredient Selection, Creative Utilization, Transformation	30
Sustainability Practice Environmental consideration and Waste Reduction	20
Teamwork & Presentation Skills Collaboration, Communication, Professionalism, Overall Presentation	10
Total	100

AWARDS AND PRIZES
The Top 3 schools will get a corresponding point to vie for the Overall Winners of Mapua MCL Cup 2025.

CONTACT INFORMATION
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