

**HEY
STUDENTS!**

CAN YOU COOK?



Calling all **“FUTURE CHEFS”** for our
CULINARY COMPETITION

**WE’RE LOOKING FOR YOUR FAVORITE
COMFORT FOOD RECIPE!**

Two lucky winners from each elementary school, grades 3-5 & three from LVMS will be chosen as finalists to compete in our contest at BA Cucinella Elementary School on March 9th. As an added bonus, the winner of this event will be entered into a national competition for some great prizes!

**PICK UP YOUR
ENTRY FORM TODAY!**

They’re available
in the cafeteria!
Turn them in to the
cafeteria by January 31st



Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new, healthy twist on your favorite comfort food recipe.
2. **Be creative** - A winning student once submitted a recipe for "Avocado Blueberry Muffins!" Sounds strange, but they were really great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This doesn't have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy comfort food** recipes, so try to avoid recipes with a lot of sugar or fat in them, and added veggies would be great!
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

GOOD LUCK & HAVE FUN!!!!



Washington Township Schools Recipe Entry Form

~Healthy Comfort Food Recipe~

Open to All Grade 3 through 8 Students!

My Name:	
My School:	
My Grade:	
My Teacher's Name:	

Return to your cafeteria by **Wednesday, January 31st**

Teachers: please send to the cafeteria if received.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. If you need more room, attach (and staple) another piece of paper to this form.