Please join **Real Food For Kids - Montgomery**
for our next delectable event, our first RFKM

**Recipe Contest!**

*Featuring... YOU (kids, parents, chefs, educators!)*  
and a school lunch of YOUR design  
*Roll up your sleeves, don your chef's hat, and win the blue ribbon*  
in our yummy version of “Top Chef”

**Saturday, May 18, 2013, from 12 - 2 pm**  
**Piney Branch Elementary School, Takoma Park**

**Submit your recipe for a fresh, delicious school lunch by May 8!**

**RECIPE CONTEST GUIDELINES**

Your original meal recipe must be submitted to realfoodMCPS@gmail.com by May 8, 2013. Entrants must be available to prepare their winning entry (with assistance) for the May 18th event (12-2 p.m. at Piney Branch Elementary School, Takoma Park, MD) where MCPS students will taste and select the winners.

- The meal must cost no more than $4 per serving (MCPS budget per meal)
- Recipe submitted should be based on 4 servings
- 500-600 calories per serving
- Include at least 1 serving of vegetables
- Include at least 1 serving of fruit
- Use all whole grains
- Include a meat or meat alternative (tofu, eggs, beans - but can’t count as a vegetable too if used as a protein).
- Use low-fat dairy products
- Sugar - maximum - 3½ tsp. per serving but generally discouraged
- Fresh, whole ingredients are encouraged
- If you can afford organic and stay in budget, great!
- You can combine all the above ingredients into one dish or have separate components

**Recipe Analysis Tool**

A great tool to help you analyze your recipe:  
http://www.myfoodrecord.com/mainnat.html
Just enter all your ingredients by weight or measure and it will tell you how many calories there are and the nutritional breakdown.
Note - 1 cup skim or 1% milk is included in the requirements and takes up 100 calories of the 600-700 calorie requirement if 1%, so we subtracted this to end up at 500-600 calories. You do not need to include this in your recipe.

Recipe questions can be directed to: realfoodMCPS@gmail.com. Thanks for your participation in trying to improve the MCPS school food!

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ENTRY INFORMATION

(please copy and paste information below to an e-mail)

Name:
Address:

Phone (home):
Phone (cell):
E-mail:

Are you a student? If so, school, year in school
Are you a parent? If so, child(ren)'s school:
Are you a professional chef? If so, where?
Are you a teacher? If so, where?

Please initial the following statements:

________ This is my original recipe for a healthy school lunch. I have not copied this recipe from any other source, or if I have, I have altered cooking instructions and at minimum 3 ingredients or individual ingredient quantities to make it my own. This recipe has not won a prize in any other contest.

________ Except where prohibited by law, entry into the contest constitutes permission to use winners’ name, address, likeness and/or prize information, without limitation, for promotional purposes without further permission or compensation.

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