



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.

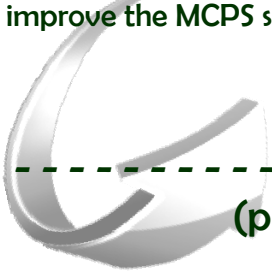
- ✓ The meal must cost no more than \$4 per serving (MCPS budget per meal)
- ✓ Recipe submitted should be based on 4 servings
- ✓ 500-600 calories per serving
- ✓ Include at least 1 serving of vegetables
- ✓ Include at least 1 serving of fruit
- ✓ Use all whole grains
- ✓ Include a meat or meat alternative (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!



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 Your age

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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Real Food For Kids – Montgomery is a project of the Institute for Public Health Innovation (IPHi).
This event is made possible through the generosity of the City of Takoma Park Small Community Grant Program.