



Healthy Recipe Challenge Official Entry Form

WHAT IS YOUR CHILD'S BEST HEALTHY RECIPE?

If you are the parent of a child between the ages of **8 and 12**, PATH Lake Martin invites you to submit your child's healthy recipe, with your help and support. The recipe should follow good nutrition guidelines including locally grown produce, whole grains and lean protein and avoiding **sugar**. There will be cash prizes and a surprise lunch with a celebrity chef.

Your child's recipe should be: *Healthy, Creative, Affordable, Delicious and Original.*

All sections are required. **Please print clearly.**

Parent or Guardian Information:

Child's Information

Name (first and last)

Name (first and last)

Email

Email

Mailing Address

Mailing Address (If different)

Phone Number

Age (must be between 8-12)

You may use a separate piece of paper or card for the recipe.

Recipe Name: _____

Number of servings: _____

Ingredients:

Step by Step Directions:

Photo or Drawing of what the food will look like.

Tell us about the Recipe.

What inspired your child to create it?

Official Rules: Entries are to be mailed to: PATH, 2036 Cherokee Rd., Suite 19, Alexander City, AL 35010. Entries must be received by midnight July 20, 2016. Only one entry per child. Winners will be selected and announced on July 30, 2016 at 10:00 AM at the Alexander City Farmers' Market.

I have read the Official Rules. _____ (Signature of Parent or Guardian)

