

Blue Cross Blue Shield of Michigan presents



Real Men Cook & Eat Healthy



Registration form

About: **Real Men Cook & Eat Healthy** is a friendly cooking competition for men in the community. The purpose is to highlight the importance of men's health issues and provide access to resources and opportunities through a healthy and fun competition!

What: Only healthy main dishes qualify*

When: Friday, June 13, 2014

Location: Baxter Community Center • 935 Baxter • Grand Rapids • MI 49506

Time: 5:30 p.m. to 7:30 p.m.

Preregistration is required; there is no fee to participate

PRIZES

1st Place - \$350

2nd Place - \$250

3rd Place - \$150

To enter the **Real Men Cook & Eat Healthy** competition, all participants **MUST** participate in the **YMCA's Cooking Matters class on Wednesday, June 11, 2014 at 6:30 p.m.**

The class will take place at **New Hope Baptist Church** in the kitchen located on the lower level of the building.

Name: _____ Address: _____

Email address: _____ Telephone number: _____

Entry name & description: _____

Electrical outlet needed? Yes No

Return to cjackson5@bcbsm.com or fax to 616.389.2230 no later than 5 p.m. on Friday, June 6.

*Healthy main course dishes should include a vegetable or fruit. Any meats should be lean and no ingredients should be fried. For allergy purposes, please share ingredients within your description.

Upon arrival, food needs to be fully prepared and completely cooked. We will provide an electrical outlet as needed. Please bring enough food to serve three judges and small samples for spectators. Set up time is from 4:30 to 5 p.m. We'll provide you with sample cups, napkins and eating utensils.