



Recipe Challenge!

SUBMIT YOUR HEALTHY LUNCH RECIPE BY
NOVEMBER 12TH

NATIONAL
FARM to
SCHOOL
MONTH



In celebration of **National Farm to School Month** this October, students are invited to create and submit a lunch recipe featuring at least 3 locally grown, New Jersey fresh, fruits and/or vegetables! One winner will be selected from each school district to have their lunch recipe featured as the "Recipe of the Month" on the Nicholas Markets School Lunch Website!

****Group work is NOT permitted****

GRAND PRIZE

The grand prize winner will win a week of free lunch compliments of Nicholas Markets AND have their lunch recipe featured on the January 2019 school lunch menu!

Certain restrictions will apply





HEALTHY LUNCH RECIPE CHALLENGE OFFICIAL ENTRY FORM

October is National Farm to School Month, a time to celebrate the connections happening all over the country between children and locally grown food! In celebration of National Farm to School Month, Nicholas Markets invites your child to submit their most creative and nutritious healthy lunch recipe, with your help and support! The recipe must be a substantial lunch option and should follow good nutrition guidelines, including whole grains, lean protein and free from added sugar.

The following guidelines/restrictions will apply:

1. Students are to submit **individual** recipes - Group work is **not** permitted.
2. Recipe must include at least 3 locally grown, New Jersey fresh fruits and/or vegetables
(Please visit www.jerseyfresh.nj.gov/facts for a list of New Jersey's top ten fruits/vegetables)
3. Recipes may not contain seafood ingredients (fish, shellfish, roe, etc.)
4. Recipes may not contain nut ingredients (peanuts, cashews, almonds, etc.)
5. Recipes should only include suitable protein/meat sources such as lean ground beef, antibiotic-free chicken, and antibiotic-free turkey, etc.
6. Recipes should consider allergens (dairy, gluten, wheat, egg, etc.) to best include ALL students!
7. NOTE: Winning recipes are subject to alterations and/or substitutions by Nicholas Markets, should we deem it necessary.

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

Parent or Guardian Information:

Please print clearly.

Name (First and Last)

Email

Phone Number

Student's Information:

Please print clearly.

Name (First and Last)

School and District

Homeroom Teacher and Grade

You may use a separate piece of paper or card for the recipe. Please attach any additional pages/cards to this form.

Recipe Name: _____

Number of servings: _____

Ingredients AND Step by Step Directions:

Photo or Drawing of your healthy lunch!

Tell us about your recipe – What inspired you and your child to create it?

Official Rules: Entries are to be submitted to your school's main office. Entries must be received by 4:00 PM on Monday November 12, 2018. Only one entry per child. Winners will be announced on Monday November 19, 2018 on the Nicholas Markets website (www.NMlunch.com). Winners will need to fill out Photo and Social Media Release Form upon notification.

I have read the official rules. _____ (Signature of Parent or Guardian)