



“Your School Here” *MY RECIPE ROCKS* Championship!

Instructions:

- Choose foods from farms (one ingredient) not from factories (lots of ingredients)
- **Make a recipe at home** using only farm foods (ex: oatmeal, omelets, smoothies, salad, soup or dip like hummus or guacamole)
- **Email your recipe or write it on the back of this paper** and return to your teacher **by April 30th!**

Why this Contest Rocks:

- The Wellness Committee will select one recipe from each grade as a finalist
- **Many great PRIZES will be awarded!**
- The winning recipes and a few more will be sent home in Tuesday folders for your friends to make!

Parents signature (confirming participation in recipe planning / preparation)