



OCTOBER



RECIPE CHALLENGE!

SUBMIT YOUR HEALTHY RECIPE BY
DECEMBER 9TH

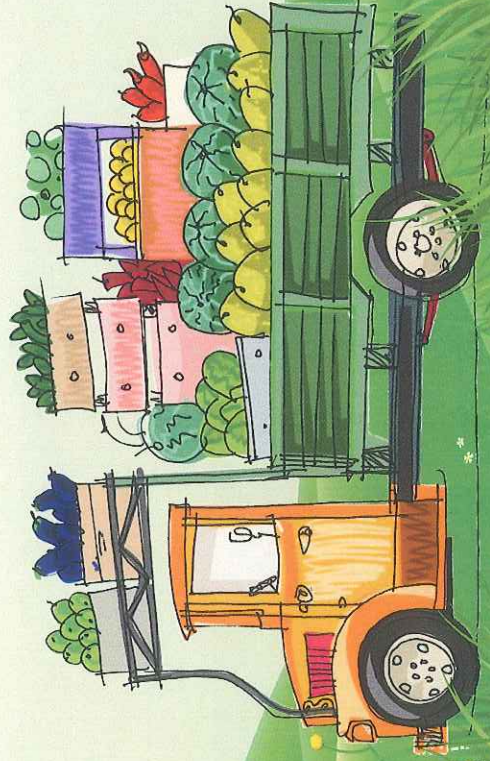
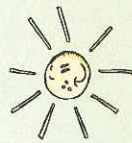
In celebration of **National Farm to School Month** this October, students are invited to create and submit a lunch recipe featuring at least 3 locally grown, New Jersey fresh, fruits and/or vegetables! One winner will be selected from each school to have their recipe featured as the "Recipe of the Month"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

Group work is NOT permitted

GRAND PRIZE!

The grand prize winner will receive a week of free lunch compliments of Nicholas Markets AND have their lunch recipe featured on the January 2020 school lunch menu!

Certain restrictions will apply





SCHOOL LUNCH PROGRAM Est. 2007

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 <https://findjerseyfresh.com/availability/> 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!

We LOVE receiving & encourage you to take photos of your meal and the preparation process 😊

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 Monday December 9, 2019.

Only one entry per child. Winners will be announced on Friday December 13, 2019 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)