

Atlanta Public Schools District
Recipe Entry Form



~Healthy Comfort Food Recipe~

Open to 4th & 5th Grade Elementary School Students!

My Name:	
My School:	
My Grade:	
My Teacher's Name:	

Return to your Cafeteria Manager by

Friday, January 13th, 2017

Teachers: if received, please submit form to the Cafeteria Manager.

My recipe is called: _____

List all ingredients and exact amounts of the ingredients here:

List the "method" or exactly how to make this dish. Make sure to include the number of servings your recipe creates. (If you need more room, attach and staple another piece of paper to this form.)

Tips to be a Finalist in this Year's Culinary Competition

Have your eye on the prize? Here are some tips that may help!

1. **Be original** - You don't have to be like everyone else. Consider putting a new twist on your favorite healthy comfort food recipe.
2. **Be creative** - A student once submitted a recipe for "dill cookies!" Sounds terrible, but they were actually great! Don't TRY to be too weird, but we love to see recipes that are different!
3. **Don't do recipes that are too easy or too complicated.**
4. This **doesn't** have to be your own, original recipe. You can get them off the Internet or anywhere, but try to alter it slightly to make it your own!
5. SORRY, only **ONE** person can make each recipe at the competition.
6. We are looking for **healthy comfort food** recipes, so try to avoid recipes with a lot of sugar or fat in them.
7. At the main competition, judges will consider the following 6 criteria:
 - Taste
 - Originality
 - Ease of Preparation
 - Healthy Attributes
 - Kid Appeal
 - Plate Presentation

The use of one or more of the following ingredients will earn **bonus points** at the judging:
Whole Grain Pasta, Whole Grain Bread, Brown Rice, Low-Fat Cheese, Eggs, Lean Ground Beef, Turkey, Potatoes & Mushrooms.

GOOD LUCK & HAVE FUN!!!!

