

Eat Right, Play Hard Challenge 2008-2009

Cooking Our Way to a Healthier Life

Do you have the most creative healthy recipe?



Submit your recipe and a sample of the finished product !

Date:

Bring to:

Serving Size: 4-6 people

COUNTY OF BERGEN
Dennis McNerney, County Executive
Board of Chosen Freeholders
Department of Health Services
Office of Health Promotion

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Directions

Make sure you include all ingredients including quantities and instructions on how to prepare the recipe.

The recipe must meet the following healthy guidelines:

- Each recipe can have no more than 1/4 cup sugar (any type) and 2 tablespoons of fat (oil, butter).
- At least half of any grain products used must be whole grain, whole wheat flour or oatmeal for example.
- Any dairy products included must be low fat.
- Any packaged item used in your recipe must not exceed 1/3 (33%) of the recommended daily intake of sodium (shown on food label).



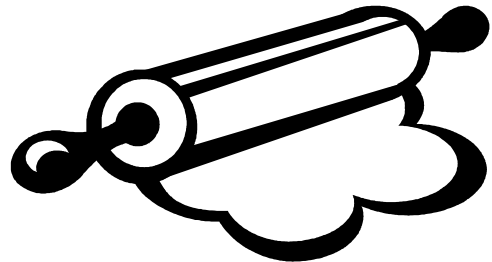
Recipes that include fresh fruits and vegetables will be given extra points.

The recipe can be original or a healthy modification of an existing recipe.

The recipe can have no more than 12 readily available ingredients and must be easy to prepare in about 20 minutes.

The recipe will be judged on :

- Originality of the recipe
- Taste
- Meets nutritional guidelines
- Number of ingredients
- Ease of preparation



There will be 3 overall winners (1st, 2nd, 3rd place)!

Good luck and don't forget to **HAVE FUN!**