



"A Healthy Warren County"

Snack/Appetizer & Dessert Recipe Contest

Please join us for a fun, healthy recipe contest to search for local recipes that make it easy and tasty to eat **healthy** foods! **Please submit your entry by March 8th** on the entry form below to swhite@warrencountymo.org or drop it by the Warren County Health Dept. (WCHD) at 101 Mockingbird Ln, Ste. 100, Warrenton MO. You may enter one recipe for each category. Please provide nutritional facts if available (calories, fat grams, protein, etc.) Visit this website for an easy to use nutrition recipe calculator <http://recipes.sparkpeople.com/recipe-calculator.asp>. Winners will be announced at the **Warren County Family Health Fair** on March 16th 8:30-12:30 at the Wright City High School Gym. We will use all the recipes collected to add to a *Healthy Warren County Cookbook* project to be launched later in 2013! **Questions?** Contact Stacey White, RN Educator at 636-456-7474 or swhite@warrencountymo.org.

1st Prize: 2 months of Weight Watchers FREE **or** \$75 Visa Gift Card (your choice)
2nd Prize: 1 month of Weight Watchers FREE **or** \$50 Visa Gift Card (your choice)
3rd Prize: 1 FREE enrollment to a WCHD 2013 exercise class of your choice **or** \$25 Visa Gift Card

Full Name: _____

Email: _____ Phone: _____

Address: _____

Recipe Category (please check): Healthy Snack/Appetizer Healthy Dessert

Recipe Name: _____

List of Ingredients & Measurements:

Preparation Instructions:

Nutritional Facts (if available):

Photo (Optional)* Attach a copy of the photo or email as an attachment with this form.

Signature: _____

* I agree to allow Warren County Health Department to publish and/or use this recipe for community health offerings.