"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!

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Parents signature (confirming participation in recipe planning / preparation)