

# Enter the Healthy Kids Community Challenge Kids Recipe Contest



# Kids Get Cooking!



Hey kids! Do you have fun helping in the kitchen? Send us your favourite breakfast, school lunch, dinner and snack recipes to win amazing prizes!

## Who can enter

Students in grades 1 to 8 who live in the City of Timmins. Enter as often as you like. Submit each recipe on a separate Official Entry Form.

## What to do

Create an original, kid-friendly recipe for **breakfast**, **school lunch**, **dinner** or **snack**.

Recipes may be in English or French.

## Criteria

Recipes will be judged on:

- **Originality:** Submit your most unique recipe with interesting ingredients and cooking methods.
- **Nutrition:** Recipes should feature foods from Canada's Food Guide and be lower in fat, salt, and sugar.
- **Taste:** Interesting flavour combinations are encouraged.

**Prizes:** Win awesome prizes like gift cards, kitchen accessories, and cookbooks! Winners in each category will be selected for a 1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place and honourable mention prize.

**Deadline:** Friday, October 13, 2017

## Tips for a winning entry

- **We are looking for truly original recipes!**  
Consider sharing traditional family favourites and recipes from different cultures.
- **Try some new ingredients.**  
Amaze us with your use of colourful vegetables and fruit, whole grains, legumes, herbs, and spices.
- **Taste test your recipe with family and friends.**
- **Help us see what your recipe looks like.**  
Send a photo or draw a picture of the finished dish.

For Official Contest Rules, visit [www.misiway.ca/images/HKCC/HKCC\\_Recipe\\_Contest\\_Rules.pdf](http://www.misiway.ca/images/HKCC/HKCC_Recipe_Contest_Rules.pdf). All winning recipes will be posted on the Timmins-Misiway Healthy Kids Community Challenge website.



**HEALTHY KIDS**  
COMMUNITY CHALLENGE  
TIMMINS - MISIWAY



Healthy Kids Community Challenge  
Kids Recipe Contest

**Official Entry Form**

Contest deadline: Friday, October 13, 2017

**Please Print**

**CHILD'S NAME**

First \_\_\_\_\_ Last \_\_\_\_\_

**SCHOOL GRADE** \_\_\_\_\_

**RECIPE CATEGORY** (select one):  **Breakfast**  **Lunch**  **Dinner**  **Snack**

**PARENT/GUARDIAN CONTACT INFORMATION**

Name \_\_\_\_\_

Address \_\_\_\_\_

E-mail \_\_\_\_\_ Phone \_\_\_\_\_

**Important information on Official Contest Rules:**

**For a complete list of contest rules visit [www.misiway.ca/images/HKCC/HKCC\\_Recipe\\_Contest\\_Rules.pdf](http://www.misiway.ca/images/HKCC/HKCC_Recipe_Contest_Rules.pdf).**

By submitting your contest entry and signing the Official Entry Form, you agree that: a) you have read and understood the Official Contest Rules; b) you or your child's Recipe is an Original Work. Original Work means that the Recipe has been originally and lawfully created by you or your child, and the use, modification or reproduction of the Recipe by Healthy Kids Community Challenge Timmins-Misiway (HKCC) and/or Misiway Milopemahtesewin Community Health Centre (Misiway CHC) will not give rise to any third party claims for infringement or violation of copyright, trademark or any other right of any third party, or to any third party claims including libel, defamation, violation of privacy or contract breach; c) you have obtained all necessary permissions, consents, licenses or other approvals of any and all team members, and third parties necessary or appropriate for the preparation or use of the Recipe; d) you release HKCC and/or Misiway CHC from any liability in connection with participating in this contest or preparation or use of the Recipe; e) you agree to indemnify HKCC and/or Misiway CHC for any liability and all reasonable costs arising from any third party action, claim or proceeding commenced against HKCC and/or Misiway CHC because of your participation in the contest, including in relation to the preparation or use of the Recipe; and f) you grant HKCC and/or Misiway CHC unrestricted use and reproduction rights (including copying and modifying) of the Recipe for any purpose, without compensation.

**Please check:**  **I AGREE**

**PARENT/GUARDIAN SIGNATURE** (If submitting by mail): \_\_\_\_\_



# Kids Get Cooking!

Kids Recipe Contest

RECIPE NAME \_\_\_\_\_

NUMBER OF SERVINGS: \_\_\_\_\_

**INGREDIENTS** (Please include ingredient name and amounts)

**DIRECTIONS** (You may include a second page if necessary)

**RECIPE NAME** \_\_\_\_\_ **NUMBER OF SERVINGS:** \_\_\_\_\_

**WHY WOULD KIDS LIKE THIS RECIPE?** (Answer in 100 words or less)

**WHAT CAN KIDS DO TO HELP MAKE THIS RECIPE?** (Answer in 100 words or less)

## Send in your recipe!

**In-person or by mail:** Healthy Kids Community Challenge  
**Kids Recipe Contest**  
Misiway Milopemahtesewin CHC  
130 Wilson Avenue  
Timmins, ON P4N 2S9

*Submissions must be postmarked by deadline date.*

**To e-mail your submission:** [mmizzau@misiway.ca](mailto:mmizzau@misiway.ca)

**Contest deadline:** Friday, October 13, 2017 at 4:00 pm

