

Wellness@Work HEALTHY RECIPE CONTEST



The Great *Wellness@Work* Healthy Recipe Contest

Do you have a favourite healthy breakfast, main dish/entrée, or dessert recipe that you want to share?

The Wellness@Work Programming Committee is encouraging all employees to submit a healthy recipe for a chance to win one of three prizes, including:

- \$50 gift card from Hospitality Services
- A free 30 minute Q&A with a Registered Dietitian (in-person or over the phone)
- Cookbook full of healthy recipes

CRITERIA FOR CONSIDERATION

When determining which recipe you want to share, consider:

- Is it a healthy recipe that aligns with [Canada's Food Guide](#)?
- Is this breakfast, lunch/dinner, or dessert recipe tasty?
- How quick and easy is the recipe to prepare?
- Is it costly to make?
- Is it your own recipe or modified from another source?
- Is this a recipe you can share and enjoy with others that promotes social connection?

SUBMISSIONS

Submissions will be accepted throughout Nutrition Month (March 1st-31st, 2018).

Complete the following fillable PDF form and email your submission to wellwork@uoguelph.ca by 11:59 p.m. on March 31st.

SELECTION PROCESS

Recipes will be reviewed by a sub-committee of the Wellness@Work Programming Committee, and will include experts from the University of Guelph to help determine the best healthy recipes.

Three winners will be announced by the end of April and the three prizes will be awarded.

Submit your recipe today to be eligible for a great prize!

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CONTACT INFORMATION

Name:

Job Title:

Department/Unit:

Work Email:

Work Phone Number:

RECIPE

Recipe title:

What type of recipe are you submitting?

Breakfast

Main/Entrée

Dessert

INGREDIENTS

Please list the recipe ingredients and measurements required:

METHOD

What is the method and steps to prepare your recipe?

RATIONALE

Why do you consider this a healthy recipe?

SOURCE

Please explain how you discovered this recipe. Is it a family recipe, something you created from scratch or one that you've modified from another source? If modified, please also provide the reference information for this recipe.