



# Get Kids in the Kitchen!

**Contest deadline:** December 3, 2010 (4:00 p.m. EST).

**EatRight Ontario** is a place to go for trusted healthy eating information. Connect to a Registered Dietitian at no charge. Call toll-free **1-877-510-510-2** or visit the website at [www.ontario.ca/eatright](http://www.ontario.ca/eatright).

Please Print

**CHILD'S NAME**

First \_\_\_\_\_

Last \_\_\_\_\_

**SCHOOL GRADE**

Grade 1-3

Grade 4-6

**RECIPE CATEGORY** (Please check one):

School day lunch

After school snack

**PARENT/GUARDIAN CONTACT INFORMATION**

Name \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_

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

Phone \_\_\_\_\_

Day

Evening

**HOW DID YOU HEAR ABOUT THE CONTEST?**

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

By submitting this contest entry, you, the parent/guardian agree that a) you have read and understood the Official Contest Rules; b) your 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 Dietitians of Canada (DC) and/or the Ministry of Health Promotion and Sport (MHPS) 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 DC and/or the MHPS from any liability in connection with participating in this contest or preparation or use of the Recipe; e) you agree to indemnify DC and/or the MHPS for any liability and all reasonable costs arising from any third party action, claim or proceeding commenced against DC and/or the MHPS because of the Recipe; and f) you grant DC and/or the MHPS unrestricted use and reproduction rights for any purpose.

Please check:  I AGREE

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

**Official Contest Rules available at [www.ontario.ca/eatright](http://www.ontario.ca/eatright) or call 1-877-510-510-2 for a copy.**

Entries will not be returned and will become the property of the Ministry of Health Promotion and Sport and Dietitians of Canada.  
For the Government of Ontario Privacy Statement, visit [www.ontario.ca/en/general/004228](http://www.ontario.ca/en/general/004228)

**RECIPE NAME**

**NUMBER OF SERVINGS**

Which food groups from Canada's Food Guide does your recipe include?

- Vegetables and Fruit       Milk and Alternatives
- Grain Products             Meat and Alternatives

If your recipe is a school day lunch, what beverage or side dish would you serve with it to make a complete meal?

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Which food group(s) does your beverage or side dish include?

- Vegetables and Fruit       Milk and Alternatives
- Grain Products             Meat and Alternatives

**INGREDIENTS**

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

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**DESCRIBE ONE STEP IN THE RECIPE THAT KIDS CAN DO BY THEMSELVES**

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

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**Get Kids  
in the Kitchen!**  
Kids Recipe Challenge

**To mail or courier your submission, please send to:**

**EatRight Ontario Kids Recipe Challenge**  
Dietitians of Canada  
480 University Avenue, Suite 604  
Toronto, Ontario M5G 1V2  
Submissions must be postmarked by December 3, 2010

**To e-mail your submission, please send to:**  
recipecontest@dietitians.ca

**To fax your submission, please send to:**  
416-596-0603, Attn: EatRight Ontario Kids Recipe Challenge

Submissions must be received by December 3, 2010

