

Healthy Recipe Sharing

You will receive 5 points per recipe (Max 20 points)

Name: _____ Facility: _____

Submit up to 4 of your favorite healthy recipes or snacks to be shared with your fellow employees!

Instructions: Please print and submit copies of the recipes with your packet! Please print your full name and facility at the top of each recipe page.

Here are some guidelines to consider when sharing recipes:

LIST OF INGREDIENTS:

- Clearly list all the ingredients with accurate measurements.
- Specify any specific brands or types of ingredients if they significantly impact the outcome.

STEP-BY-STEP INSTRUCTIONS:

- Provide detailed and easy-to-follow instructions for each step of the recipe.
- Use clear language and avoid assumptions about the reader's cooking knowledge.

INCLUDE COOKING TIMES AND TEMPERATURES:

- Clearly state cooking times and temperatures for each step.

SPECIAL TECHNIQUES OR TIPS:

- Share any special techniques or tips that can enhance the dish.

NUTRITIONAL INFORMATION (OPTIONAL):

- If possible, include nutritional information such as calorie count, protein, fat, and carbohydrate content.

CREDIT AND SOURCE (OPTIONAL):

- Give credit to the original source of the recipe if it's not your own creation.