

# The Green Apron Cook Off

**Category: February 26th Nutrition at Home**

Participant Information:



Name: \_\_\_\_\_

Address: \_\_\_\_\_

\_\_\_\_\_ T-Shirt Size \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email Address: \_\_\_\_\_

**Submit Registration Form to [greenapron@chep.org](mailto:greenapron@chep.org) or fax to 306-668-4574**

## **Disclaimers:**

1. No current employee or board member of Chep Good Food Inc. or its partners can participate.
2. If you are chosen as a finalist or as an honorable mention, you must be available on February 26th to either cook or to receive your prize.
3. This contest will be video taped for future release. By submitting a recipe, you agree to be video taped.
4. We will have someone in the kitchen to assist you to familiarize yourself to the new setting. We will provide the groceries and equipment you have listed.
5. If there is not enough room on the back of this page for the recipe, please feel free to add an extra page or attach your recipe to the entry form.
- 6. Deadline to enter contest is January 27th.**
- 7. Finalist will be chosen by February 1st.**

Name of Recipe: \_\_\_\_\_

Estimated Prep Time: \_\_\_\_\_

Estimated Cooking Time: \_\_\_\_\_

Number of Servings: \_\_\_\_\_

Ingredients Required:

Directions:

Equipment Needed: