

Healthy and Tasty: Second Annual Diabetes-Friendly Recipe Competition

**All recipes need to be pre-approved.
Participating restaurants must pre-register!**

Official Rules:

- 1. Eligibility:** Contest is open to all Mexican or Latin American restaurants in Boulder County. Entry is free of charge and food donations by participating restaurants will be acknowledged with a tax-exempt certificate of donation. All registration forms must be submitted by **noon on October 14, 2009**. Recipes will only be shared with restaurant approval.
- 2. Requirements:** All recipes must be approved by the Boulder County nutritionist in order to participate in the competition. A free consultation with nutritionist will be scheduled once registration form has been received. All Mexican or Latin American entrees that meet the diabetes-friendly guidelines are eligible to participate in the competition. Traditional recipes can be easily adapted to become diabetes-friendly.
- 3. Day of the Event:** Participating restaurants should **deliver submissions to the Longmont Senior Center (910 Longs Peak Ave, Longmont, 80501) by 2:00pm on Saturday, November 14, 2009**. Recommended submission size: 20 entrée size portions (samples will be small enough so that many people will be able to taste your creation).
 - Restaurants are responsible for providing their own chafing dishes.
 - It is recommended that a representative from the restaurant attend the event; however if this is not possible, please let us know and we will do our best to accommodate you.
 - All food containers must be picked up following the contest. Contest organizers are not able to wash your dishes for you at this event.
- 4. Prizes:** Contest winners will be announced at 4:30pm, November 14.
 - Grand Prize: Best of Contest Winner \$250 for Entrée, \$150 for Dessert
 - First-Runner Up: Second place winner \$150 for Entrée, \$75 for Dessert
 - Participation Prize: For all participants.
- 5. Judging:** Conducted by a panel of local judges. All decisions are final. Entries will be judged on the basis of taste, appearance, and creativity. Samples of entries will be made available to the public from 2:30pm-3:30pm.

ENTRY FORM FOR
Healthy and Tasty : Sabroso y Saludable
The Second Annual Diabetes-Friendly Recipe Competition

Please return form to Marja Johnson by noon, October 14, 2009.

By Mail:
Boulder County Aging Services
Attn: Marja Johnson
P.O. Box 471
Boulder, CO 80306

Delivery:
Community Services Department (Sundquist Building)
Attn: Marja Johnson
3482 N. Broadway
Boulder, CO 80304

Phone: (303) 441-3599
Email: mjohnson@bouldercounty.org
Fax: (303) 441-4550

Restaurant Name: _____

Contact Person: _____

Address: _____ City: _____

State: _____ Zip: _____ Phone: (_____) _____

E-mail address: _____

Recipe Submission: (type of entrée and/or dessert)

It is necessary to schedule an appointment with a nutritionist (free of charge) to review your recipe submission. Please circle days and times that work best for you. We will call you to schedule an appointment.

MON	TUES	WED	THURS	FRI	SAT	SUN
Morning	Morning	Morning	Morning	Morning	Morning	Morning
Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon	Afternoon
Evening	Evening	Evening	Evening	Evening	Evening	Evening

YES NO I would like to have my recipe included in the Healthy and Tasty Recipe Competition Cookbook and I hereby authorize its publication in this cookbook.

Signature of Applicant

Date

You are hereby authorized to reserve space for our use in Boulder County's Second Annual Diabetic Friendly Recipe Competition. This application is made with the understanding that the applicant agrees to abide by all the rules, requirements, and restrictions as set forth in the official rules. The regulations set forth are for the health and safety of the participants and to maintain a high quality, free, public service health event.