



Healthy U Recipe Challenge

To shine the spotlight on Alberta students and **Healthy U's** commitment to providing healthful recipe options Alberta Health has created the **Healthy U Recipe Challenge**. The **Healthy U Recipe Challenge** is a fun and creative way to showcase and make available, healthy recipe options for Albertans to prepare when cooking at home.

Alberta students and teachers are encouraged to submit their creative culinary creations for consideration for this exciting and new challenge.

Frequently Asked Questions

When is this starting?

April 15, 2013

When does the recipe challenge end?

March 31, 2014

Who is eligible to enter the recipe challenge?

All Alberta students and teachers are eligible to enter. There is no limit to how many times you enter and you can enter as an individual and as part of a group or as a Food Studies Class.

Is there a deadline?

There is no deadline. Every month **Healthy U** will look at all the recipes submitted and select recipes that meet all the requirements. Then one of these recipes and the creator(s) will be featured on **Healthy U** at www.healthyalberta.com.

Are there specific requirements for the recipe to make it healthy?

All recipes submitted will be pre-screened to ensure they meet the Choose Most Often nutrition criteria of the *Alberta Nutrition Guidelines for Children and Youth* (ANGCY). An electronic copy of the ANGCY is provided at the following link <http://healthyalberta.com/NutritionGuidelines-Sept2012.pdf>.

How are recipes selected for showcasing on *Healthy U*?

A panel of **Healthy U** professionals will narrow down recipe submissions. The recipes will all be pre-screened on perceived taste and appeal. The selected recipes will then be analysed to see if they meet the Choose Most Often criteria of the *Alberta Nutrition Guidelines for Children and Youth*. Those recipes that meet the criteria will then be prepared and a panel of **Healthy U** professionals will judge each recipe on the following:

- Tasty, delicious and flavourful
- Creativity and originality - All recipes must be original creations of the individual or group entering the recipe challenge.
- Meet the *Alberta Nutrition Guidelines for Children and Youth*, Choose Most Often Criteria
- Ease of preparation
- Presentation - If possible, please include a high resolution photo of the creation (jpgs preferred). Perhaps your school has an amateur photographer or students enrolled in a photograph course.

What needs to be included with the submission?

Submissions should include:

- The name of who is submitting the recipe, whether it be an individual student, a group of students or a Food Studies class from any school situated in Alberta;
- Complete contact information including mailing address, phone number and e-mail information; and
- The name of the recipe, including all ingredients (brand name where applicable), amounts and directions.

Do you have additional questions? Are you up for the challenge?

To submit your recipe or contact us at **Healthy U**: health.u@gov.ab.ca

