

FOOD FIGHT HEALTHY COOK-OFF

SUBMIT YOUR DISH OR BE A JUDGE!



1st Place: A personal chef will prepare a special meal for you and three friends in your apartment!

2nd Place: \$45 Gift Card to Food Matters

3rd Place: Cast Iron Skillet

Staff Prize: Grace Ridge Shirt and Grocery Gift Card

Submission Criteria: Any resident, staff member, family, or friend of Grace Ridge may enter! Multiple entries accepted. We suggest preparing 40-60 *sample-sized* servings of each dish. We will provide sampling cups, plates, and spoons! We will also print copies of your recipe for you to share if sent to us ahead of time! *Must be home-made* and a "healthy" recipe, meaning low in added sugar, low in sodium or salt, low in saturated and trans fats (limit butter, Crisco, lard, animal fats, coconut oil), and high in one or more of the following: fruits, vegetables, whole grains, lean protein, healthy fats (fish, nuts, seeds), or low-fat dairy. All those attending will be able to taste and vote for their top three favorite recipes!

MARCH 28, 2019

Ervin Community Room

1:30 - 3:00 PM

Prep Help (Optional) 12:30 PM - 1:30 PM

If submitting a dish, please write your name on the sign-up sheet in the mail room. If you have questions about the event or your entry, please contact Jordan Wingate at 828.580.8347 or Kelli Huggins at 828.580.8404.