

Healthy A TASTE OF THE EASTSIDE

featuring "BEST HEALTHY DISH" COMPETITION

AT THE UNITED WAY KIDS FESTIVAL

SATURDAY APR. 23

11-1 pm @ Lockwood Park
on the covered Basketball court,
801 N Olive St, San Antonio, TX 78202



A Fiesta event featuring nutritional information, chef demonstrations, and food tastings. Discover how you can transform your health by embracing a nutritional lifestyle. You'll enjoy delicious food that will bring about these powerful, new changes.

If you would like to be a contestant and compete in the "Best Healthy Dish" please fill out the bottom portion and submit to Eastside Promise Neighborhood, 1023 N. Pine St by April 8th. For additional information contact Caroline Sumerlin at 210-352-7142. (Community Members, Businesses and Restaurants are welcome to compete in the event)



A HEALTHY TASTE OF THE EASTSIDE "BEST HEALTHY DISH" CONTEST ENTRY FORM:

LAST NAME

FIRST NAME

PHONE #

EMAIL ADDRESS

STREET ADDRESS

CITY

STATE

ZIP

DISH

SIGNATURE

DATE

By signing I agree to abide by all rules of the competition and rulings of the judges.



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SATURDAY APRIL 23, from 11-1 pm @ LOCKWOOD PARK



A HEALTHY TASTE OF THE EASTSIDE "BEST HEALTHY DISH" CONTEST RULES:

- » Must include the recipe and a list of all ingredients used
- » Healthy Dish must be cooked by the contestant onsite
- » Should contestant arrive with prepared food, a copy of kitchen license must be provided prior to setup time
- » Must provide 150-200 samples for judges and event contestants
- » Deadline for registration is Friday, April 8th

INGREDIENT CRITERIA - HEALTHY DISH MUST INCLUDE TWO OF THE FOLLOWING:

- » At least two fruits and/or vegetables
- » A lean protein (*legumes, beans, poultry, fish, etc.*)
- » A whole grain (*oats, corn, whole wheat, brown rice, quinoa etc.*)

JUDGING CRITERIA:

1. Creativity
2. Taste
3. Healthfulness
4. Appearance



15
CONTESTANTS
ACCEPTED



A HEALTHY TASTE OF THE EASTSIDE "BEST HEALTHY DISH" CONTEST ENTRY FORM:

If you would like to be a contestant in the Healthy Taste of the Eastside "Best Healthy Dish" competition, please fill out the front portion of this registration form. Completed forms may be submitted to the Eastside Promise Neighborhood Offices, located at 1023 N. Pine St. Deadline for registration is Friday, April 8th.

For additional information contact Caroline Sumerlin at 210-352-7142. (Community Members, Businesses and Restaurants are welcome to compete in the event)

