

Section 9

STRIVE FOR WELLNESS 2009-2010

Healthy Recipe Contest

- 1 point** for participating
- 2 points** for each facility's top 3 winners
- 3 points** for 2nd or 3rd place overall
- 4 points** for overall contest winner

A balanced, heart-healthy diet is an important component of overall wellness. Using your creativity and our healthy guidelines, come up with your own tasty heart-healthy recipe and see how others like it! We will be taking these recipes from each of our facilities. Each facility will be assigned a category: appetizer, casserole/entrée, side dish, or dessert. Listed below are the assignments.

Entrée/Casserole

St Vincent's Birmingham
St Vincent's East

Appetizer/Side Dish/Dessert (choose 1)

One Nineteen
St Vincent's St Clair
St Vincent's Blount

Submitting Recipes:

Submit all recipes through the attached template and email to WellnessServices@stvhs.com by **August 14, 2009**.

Recipe Selection:

The top three recipes from each facility will be determined and analyzed by the wellness committee. The committee must agree that recipes are heart-healthy to be eligible. Requirements for a heart healthy recipe can be found on the next page. Following that page, we've included a list of healthy substitutions to assist you.

Factors that will be analyzed include: taste, appearance, and originality. An overall top three from all of the facilities combined will be determined and an overall winner will be chosen. If there is a tie at any point in the contest, the healthiest recipe will be chosen by a registered dietitian.

All contestants that place 1st, 2nd, or 3rd in their facility will be given a prize as well. An online cookbook will be posted on the portal after all recipes are submitted for associates to enjoy

STRIVE Contact Information:

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