

Time for Kids Recipe Contest



Hey, kids - it's time to share your yummy, easy, healthy recipes and snack ideas. What's your go-to after-school snack? The recipe you enjoy making with your parents?

Explain your recipe on this form, and if it's approved by Dean's health experts you'll see it posted at www.deancare.com/timeforkids. **You'll also be entered for a chance to win a bike valued up to \$275, courtesy of WISC-TV3 and Budget Bicycle Center.**

We will hold prize drawings on September 1, 2011, December 31, 2011 and April 30, 2012 to select the bike winners. See full contest rules at deancare.com/timeforkids.

There are just a few simple rules:

- The recipe has to make you go "yum"!
- The recipe has to be healthy, the more natural color the better
- There have to be less than 10 ingredients
- There have to be less than 10 steps
- You have to have a parent's permission

My Recipe/Snack Name: _____

Ingredients:

Steps:

First Name: _____ Last Name: _____
(We'll only post your first name with your recipe)

Parent's Email Address: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Your Age: _____ Your School: _____

Please send your completed form to:
Dean Clinic – Communications
Attn: Kim Sveum
1808 W. Beltline Highway
Madison, WI 53713