



2021 National
Nutrition Month

BUILDING A POSITIVE RELATIONSHIP WITH
FOOD

@FBISDFOODIE COOK-OFF

Record a recipe video that shows how you create one of your favorite recipes. This could be a family recipe, an original recipe or a recipe that you love!

SUBMISSION LINK >>>
DEADLINE MARCH 1, 2021



YOUR Local Dairy Council

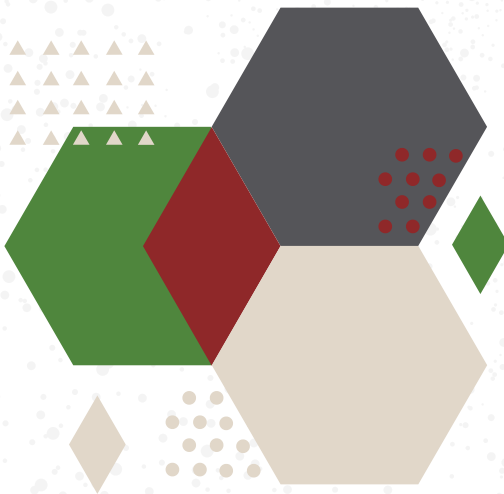
**GRAND PRIZE: VIRTUAL CLASSROOM VISIT
FROM A TEXANS' PLAYER IN SPRING 2021
PROVIDED BY DAIRY MAX**

OTHER PRIZES:

- IF RECIPE CONTAINS 3 OUT OF 5 MY PLATE COMPONENTS , IT MAY BE USED AS THE INSPIRATION FOR A FBISD MENU ITEM!
- INCLUDE A DAIRY COMPONENT FOR A POSSIBLE RE-TWEET FROM @DAIRYMAX

CRITERIA

- Submit recorded recipe video
- Submit permission forms
- Submit an ingredient list and recipe steps
- Keep the video length under 10 minutes
- Identify MyPlate components in the recipe
- Check out the "Submission link" above for all the details



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