

Kid's Healthy Squisine Recipe Contest

Held at the Homegrown Music Fest
Saturday, July 30th 2011

Hey kids... here's your chance to show off your cooking creativity. Submit your own unique "Squisine" recipe with a chance to win some cool prizes and of course bragging rights. What is Squisine you ask? It's a combination of the word "squeeze" and "cuisine" and refers to any food that you can squeeze out of a plastic bottle (ketchup, salad dressing, honey) or a zip-top bag.

Judges will select up to eight finalists in each of the four age brackets -- Kindergarten, 1st-2nd, 3rd-4th, and 5th-6th grade to compete in the final, live Squeeze-Off round.

Finalists will be selected based on:

1. Completeness and understandability of their entry
2. Healthiness and uniqueness of the recipe
3. Number of submissions for the age bracket

Judges will select 1st, 2nd and 3rd place winners in each age bracket based on:

1. Taste and appearance
2. Quick and easy preparation
3. Fun and creativity
4. Healthiness

**Download Entry Forms
at www.kittydawg.com**

What: Kid's Healthy Squisine Recipe Contest

**Where: Homegrown Music Fest
1800 Appleton Road
Menasha (Behind Goodwill)**

When: Saturday, July 30th 2011 at 11am

Entry Details:

- Download contest entry forms at www.kittydawg.com
- Entries must be received by no later than midnight Friday, July 8th 2011
- Two ways to submit your entry:

By Mail:

Fox Cities Community Health Center
Recipe Contest
5337 Grande Market Drive
Appleton, WI 54913

By Email:

Email to contest@kittydawg.com
• Please write "Contest" in subject line
• Include all information requested from downloaded form

For more information
and to look at sample recipes
check out www.kittydawg.com



**Fox Cities Community
Health Center**

