



*Learn more and enter at*  
[www.cookingupchange.org](http://www.cookingupchange.org)

## Contest Entry Checklist

- Is your healthy meal comprised of three recipes (one entrée and two side dishes)?
- Have you used at least one locally sourced item?
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- Have you included five to 10 photos? Have you captured your team, steps of the recipe development process and your finished dish?
- Have you contacted your college or university's foodservice provider? Have you provided contact information for the person in foodservice you spoke to? Do you have information on your college or university's nutrition policy?
- Have you answered all of the supplementary questions?
- Have you created a nutrition label for your complete meal?
- Does your meal meet the nutritional requirements?
- Have you completed the contest registration form?
- Are all team members available to travel to Detroit May 16-18, 2010 should your team be chosen to compete in the final round?