

HEALTHY RECIPES

Make copies if needed!

The Juneau County Women’s Health Initiative is working on its second cookbook. Many participants from the 3rd annual Women’s Night Out have already submitted their favorite recipes. Our new cookbook is set to be released in time for the 4th annual Women’s Night Out (Thursday, October 6, 2011), and we are looking for additional ***healthy*** recipes!

You are invited to submit up to three recipes to be included in the upcoming cookbook. Please e-mail yours to Martha Airth-Kindree at mairth-kindree@milebluff.com, or fill out this form and submit it one of the following ways:

fax to: 608-847-6017 (attention Martha)

mail to: Martha Airth-Kindree, 1050 Division Street, Mauston, WI 53948

drop off in person at: Mile Bluff Medical Center in Mauston, or the Star Times office in Mauston

Category: _____

This recipe is being submitted for: Juneau County Women’s Health Initiative

Name of recipe: _____

Submitted by: _____ **Phone number:** _____

INGREDIENTS: (List **all** ingredients in their **proper** order: 1,2, etc. Divide evenly, placing half of the ingredients in the left column, and the second half of the ingredients in right column. **Please type or print neatly.**)

#1	_____	_____
#2	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____
	_____	_____

METHOD: (Be sure to include: *size & type of container * time *temperature *yield / servings)

COMMENTS:
