

**SUBMIT YOUR HEALTHY RECIPES!!**

**Make copies if needed!**

Healthy eating will be the focus of this year’s Women’s Night Out. As a participant in the event, you can submit your favorite recipe(s) (up to 3!) to be included in the Juneau County Women’s Health Initiative Cookbook to be printed following the 3<sup>rd</sup> Annual Women's Night Out. If you have a healthy recipe(s) that you would like to share, please send them to Norma Miller, Mile Bluff Medical Center, 1050 Division St., Mauston, WI 53948, email them to [nmiller@milebluff.com](mailto:nmiller@milebluff.com) – or drop them off at the hospital, clinics or at the event Oct. 5<sup>th</sup>!

**Everyone submitting a recipe will be entered in a special drawing – You must be present to win!**

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

**Category** \_\_\_\_\_

**Name of Recipe:** \_\_\_\_\_

**Submitted by:** \_\_\_\_\_ **Phone No.** \_\_\_\_\_



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

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

**METHOD:** (Be sure to include: \*Size & type of container \* Time \*Temperature \*Yield)

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**COMMENTS:**

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