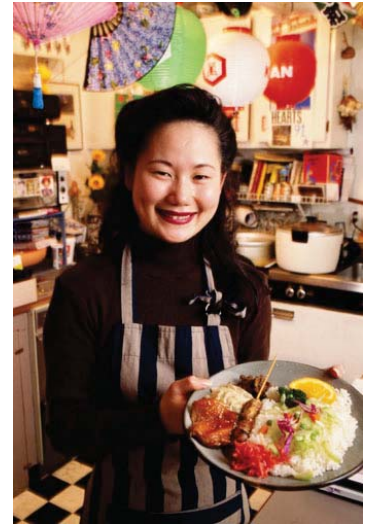


## HEALTHY RECIPE CONTEST

The Charles B. Wang Community Health Center (CBWCHC) Health Education Department invites you to participate in its Healthy Recipe Contest. All adults (aged 18 years and over) are invited to submit a healthy recipe for the chance to win a prize. Your recipe may also be selected to be published in a cookbook. After the first round of recipe selection, ten finalists will be asked to prepare their dishes

1 <sup>st</sup> prize	\$200 cash prize
2 <sup>nd</sup> prize	\$100 cash prize
3 <sup>rd</sup> prize	\$75 cash prize
Remaining finalists	\$30 gift certificate



### FIRST ROUND: Recipe Submission

All submissions must include the following components.

- 1. APPLICATION:** Complete and submit the application form with your recipe (attached).
- 2. RECIPE**
  - Recipes must include a list of ingredients and the quantity required for the recipe, and step-by-step instructions for preparing the food.
  - Recipes should be creative, healthy (high in fiber, low in salt and fat), easy to prepare, and affordable.
  - Recipes should be original and never published in any other print or electronic format.
- 3. PHOTOS (optional):** If possible, submit one or more photographs of the recipe and/or its ingredients.

E-mail your completed application (in a Word document) to [mip@cbwchc.org](mailto:mip@cbwchc.org) or mail to:

Attn: Melissa Ip  
Charles B. Wang Community Health Center  
168 Centre Street, 3<sup>rd</sup> floor  
New York, NY 10013

Completed applications can also be dropped off at the drop-off box in the following locations:

268 Canal Street, 1<sup>st</sup> floor, New York, NY 10013  
125 Walker Street, 2<sup>nd</sup> floor, New York, NY 10013  
136-26 37th Avenue, 2<sup>nd</sup> and 4<sup>th</sup> floors, Flushing, NY 11354

To be eligible, completed application must be received by **May 15, 2010**.

Questions? Call the CBWCHC Health Education Department at (212) 966-0461.

### SECOND ROUND: Live Cooking Contest

- Ten finalists will be informed by June 15<sup>th</sup>, 2010 by mail and phone. The live cooking contest will take place on July 11<sup>th</sup>, 2010 at the Whole Foods Market Bowery Culinary Center (95 E Houston St, New York, NY).
- Dishes will be judged by the following criteria: presentation, aroma and taste.
- Total preparation and cooking time should not be more than 1½ hours.

Note:

- All participants will receive a free copy of the cookbook comprised of selected recipes.
- Ingredients for the live cooking contest will be provided by the CBWCHC.
- We reserve the right to make changes to selected recipes for the publication of the cookbook.



CHARLES B. WANG  
COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心

# 新煮意健康食譜比賽

王嘉廉社區醫療中心健康教育部誠邀你參加我們舉辦的「新煮意健康食譜比賽」。歡迎 18 歲及以上人士提交自創的健康食譜，不但有機會贏取獎金，你的食譜還有可能被選中發表在烹飪書籍上。參賽食譜經首輪篩選後，被選出的前十位決賽者將參加現場廚藝比賽，即席烹制入選的食譜。決賽入圍者可獲得以下獎品：

冠軍一名	現金 \$200
亞軍一名	現金 \$100
季軍一名	現金 \$75
優秀獎七名	購物券 \$30

## 初選：提交食譜

提交的食譜必須包括以下部分：

1. **報名表**：填寫報名表及食譜表格（見附件）一併提交。
2. **食譜表格**：
  - 必須列出烹調過程中所需的材料和份量，預制和烹調食物時的詳細步驟。
  - 食譜應該有創意、健康（高纖維、低鹽份、低脂肪）、烹制簡易和價格實惠。
  - 食譜必須是原創的，並未在任何印刷品或其它電子媒體上發表過。
3. **照片（非必須的）**：如果可能，請提交一張或多張食譜選用的材料和/或烹制的菜式照片。

請把報名表（使用word文檔），電郵到[mip@cbwchc.org](mailto:mip@cbwchc.org)，郵寄到以下地址：

Attn: Melissa Ip  
Charles B. Wang Community Health Center  
168 Centre Street, 3<sup>rd</sup> floor  
New York, NY 10013

你也可以把報名表親自提交到王嘉廉社區醫療中心以下地址的登記處（drop-off box）

268 Canal Street, 1<sup>st</sup> floor, New York, NY 10013  
125 Walker Street, 2<sup>nd</sup> floor, New York, NY 10013  
136-26 37th Avenue, 2<sup>nd</sup> and 4<sup>th</sup> floors, Flushing, NY 11354

截止日期為 **2010 年 5 月 15 日**。

如有任何疑問，請致電王嘉廉社區醫療中心健康教育部 (212) 966-0461 查詢。

## 決賽：現場廚藝比賽

- 入選決賽的十位參賽者將於 2010 年 6 月 15 日之前通過郵件和電話個別通知。  
現場廚藝比賽將於 2010 年 7 月 11 日（星期日）在 Whole Foods Market Bowery Culinary Center 舉行，地址：95 E Houston St, New York, NY, 10002。
- 評判團將從色、香、味三方面評審烹制的菜式。
- 整個準備和烹制時間不能超過一個半小時。

備注：

- 所有參賽者均會免費收到一本包括入選食譜的烹飪書籍。
- 王嘉廉社區醫療中心將提供廚藝比賽中所需的所有材料。
- 為了烹飪書籍的出版，我們保留修改入選食譜的權利。



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COMMUNITY HEALTH CENTER  
王嘉廉社區醫療中心