

**Healthier Cumberland Healthy Snack Contest for Kids –
Share your favorite after school snack and win \$10 in Chamber Checks!**

Healthier Cumberland will be printing a brochure of healthy snack ideas for kids. We'd like to feature some of the favorite snacks of local students. The top 20 entries and the names of the students that submitted them will be printed in the brochure. A \$10 Chamber Check certificate will be awarded to each of those 20 students. Healthy snack ideas could include simple recipes or even just "ready to go" snack items (example: baby carrots dipped in fat-free ranch dressing). Entries will be judged by the following criteria: (a) includes one or more of the following: fruit, vegetables, whole grains, lean protein, or low-fat dairy; (b) appealing to kids; (c) easy to assemble or make; (d) affordable. All entries must be submitted at the Cumberland Public Library by Saturday, June 20th.

Healthier Cumberland Healthy Snack Contest for Kids Entry Form

Name of Snack or Recipe: _____

Ingredients: _____

Directions: _____

Name of Student: _____

Parent phone number _____

I authorize my child to participate in the Healthier Cumberland Snack Contest for Kids. I understand that the coalition will be printing the names of all students submitting winning entries.

Signature of parent: _____ Date: _____