

# TAKE THE \$10 FOR 4 CHALLENGE

Do you have a healthy recipe that feeds a family of four for under \$10? Join the SNAP-Ed Healthy Recipe Challenge.

**SHOW US WHAT YOU'VE GOT!**

**DEADLINE  
EXTENDED  
UNTIL  
MARCH 14!**

**ANYONE  
CAN ENTER  
TO WIN!**



**SHOP COOK EAT**

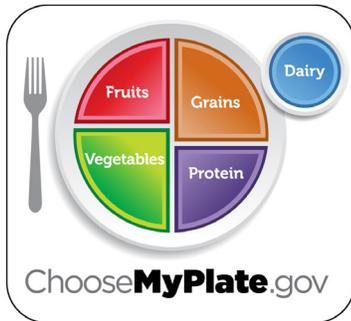
healthy and on a budget. *It's a snap!*



# MAINE SNAP-ED IS CALLING ON YOU!

March is National Nutrition Month, and Maine SNAP-Ed is celebrating by promoting healthy recipes that can be easily prepared and served without breaking the budget.

## MAINE SNAP-ED HEALTHY RECIPE CHALLENGE RULES:



### Recipes must:

- Feed a family of 4 (total cost excludes pantry items, such as affordable and frequently purchased oils and varied herbs and spices for under \$10)
- Use fewer than 10 ingredients commonly found in grocery stores across Maine
- Be easily made at home in 30 minutes or less
- Use low-fat and low-sodium ingredients
- Include at least three food groups following the USDA MyPlate guidelines:
  - Low cost lean protein sources such as beans and legumes
  - Fruits & vegetables: fresh in-season, frozen, or canned
  - Low-fat or fat free dairy products
  - Whole grains

## HOW TO ENTER

Simply email your recipe and a picture of the final product to [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu) by **March 14**.

## ANY QUESTIONS?

Email [mainesnap-ed@une.edu](mailto:mainesnap-ed@une.edu) or call 207-221-4560. Please include your name and a phone number to reach you.

**THE WINNING RECIPE WILL RECEIVE STATEWIDE RECOGNITION, AND THE WINNER MAY EVEN GET A CHANCE TO PREPARE THE RECIPE ON TV!**

Maine SNAP-Ed and the Nutrition Educators who work with us share a commitment to helping low-income families learn more about healthy eating on a budget. Your recipe will contribute to helping us meet that goal!

**WINNING RECIPE WILL BE ANNOUNCED AT THE END OF MARCH!**