

NATIONAL NUTRITION MONTH RECIPE CONTEST



Do you have a nutritious, delicious recipe that you'd like to share with the Fort Polk Community? The Physical Fitness and Wellness Working Group, Performance Triad Working Group and the BJACH Nutrition Care Division will have a recipe contest to celebrate National Nutrition Month (March).

All recipes should be original recipes and should support the Performance Triad by including wholesome, nutritious ingredients.

Recipes will be judged on the inclusion of fruits and vegetables, the wholesomeness of ingredients, the sodium and sugar content, Calorie content, and fiber content.

1 winner will be selected from each of the following categories:

1. Entrees
2. Shakes/Drinks/Smoothies
3. Desserts
4. High Performance Snacks
5. Side Dishes

This recipe contest supports the Performance Triad by encouraging the community to eat in a way that fuels performance. (For more information on the Performance Triad, go to [Armymedicine.mil](http://armymedicine.mil)).

Winners will receive a \$10 gift certificate to the Commissary and be featured in a future edition of the Guardian.

For more information please check the BJACH Nutrition Care Division web page at <http://bjach.polk.amedd.army.mil/content/ncd.htm>. There you can access the submission form and grading criteria. You can also pick up hard copies at BJACH Nutrition Care Division, Monday – Friday 0800 – 1630.

Recipes can be submitted electronically to CPT Margaret Wilson (Margaret.e.wilson24.mil@mail.mil) or you can drop off hard copies at the Nutrition Clinic, located in BJACH near entrance A. Recipes will be due 18 March 2016 and winners will be notified 28 March 2016. If you have any questions, please call 337-531-3129. Happy Cooking!