



Seward Community Health Center 2017 Healthy Eating Potluck Contest

ENTRY FORM

Name: _____ Phone: _____

Email: _____

Mailing Address: _____

ENTRY #	
Name of Dish: _____	
Category:	<input type="checkbox"/> Appetizer/Side Dish <input type="checkbox"/> Main Dish/Entrée <input type="checkbox"/> Dessert
Potential Allergens:	<input type="checkbox"/> Milk <input type="checkbox"/> Soy <input type="checkbox"/> Fish <input type="checkbox"/> Tree Nuts: _____ <input type="checkbox"/> Eggs <input type="checkbox"/> Wheat <input type="checkbox"/> Shellfish <input type="checkbox"/> Peanuts <input type="checkbox"/> Other: _____
What makes this dish healthy?	<input type="checkbox"/> Low sodium <input type="checkbox"/> Low Sugar <input type="checkbox"/> Low fat <input type="checkbox"/> Whole grains <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Other: _____
ENTRY #	
Name of Dish: _____	
Category:	<input type="checkbox"/> Appetizer/Side Dish <input type="checkbox"/> Main Dish/Entrée <input type="checkbox"/> Dessert
Potential Allergens:	<input type="checkbox"/> Milk <input type="checkbox"/> Soy <input type="checkbox"/> Fish <input type="checkbox"/> Tree Nuts: _____ <input type="checkbox"/> Eggs <input type="checkbox"/> Wheat <input type="checkbox"/> Shellfish <input type="checkbox"/> Peanuts <input type="checkbox"/> Other: _____
What makes this dish healthy?	<input type="checkbox"/> Low sodium <input type="checkbox"/> Low Sugar <input type="checkbox"/> Low fat <input type="checkbox"/> Whole grains <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegan <input type="checkbox"/> Other: _____

**All entry forms and prepared dishes should be dropped off no later than
5:30 pm on Monday, February 6, 2017 at:**

AVTEC Student Lounge, 519 Fourth Avenue, Seward, AK 99664

**For questions, requests for chaffing dishes or utensils, or arrangements for early drop-off, contact:
Denise Cerniglia, 907-224-2273 or dcerniglia@sewardhealthcenter.org**

Key Dates/Times:

- February 2 @ 4:00 pm – Deadline to request chaffing dishes and serving utensils if needed
- February 6 @ 5:30 pm – Contest entries due at AVTEC Student Lounge
- February 6 @ 6:00-8:00 pm – Potluck Contest underway!
- February 6 @ 8:15 pm – Votes tallied & winners announced;
Participants pick up empty dishes & utensils @ AVTEC Student Lounge



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RULES

1. Potluck Contest will be held Monday, February 6, 2017 from 6:00 – 8:00 pm in the AVTEC Student Lounge at 519 Fourth Ave, Seward, AK 99664. Potluck is hosted by Seward Community Health Center (SCHC).
2. Eligibility
 - a. Potluck Contest is free and open to all ages.
3. Definitions
 - a. “Participant” refers to someone who enters a dish in the potluck contest.
 - b. “Attendee” refers to any member of the public who attends the event, whether they have entered the competition or not.
4. Entry
 - a. Participants can submit unlimited entries in all three categories: 1) Appetizer/Side Dish, 2) Main Dish/Entrée, and 3) Dessert.
 - b. All entries must be dropped off and registered at the AVTEC Student Lounge (519 Fourth Ave) by 5:30 pm on February 6.
 - c. Arrangements for early drop-offs/registration should be made in advance.
 - d. Participants should prepare entries in a disposable dish if possible, or pick up all serving dishes and utensils by 8:15 pm on February 6.
 - e. All reusable dishes and utensils should be labeled with Participant’s name and contact number.
 - f. For dishes that need to remain heated, participants should bring a crockpot, hotplate, or other warming appliance(s). Participants should also bring serving utensils.
 - g. Upon request, SCHC can provide chaffing dishes and serving utensils. Requests for chaffing dishes and utensils must be made no later than Thursday, February 2, 2017 at 4:00 pm.
 - h. Potential allergens (nuts, dairy, soy, gluten, shellfish, etc.) must be identified upon registration.
5. Prizes
 - a. Three (3) first-place prizes will be given for winners in each of the three categories.
 - b. Prizes will be determined at the sole discretion of SCHC staff.
 - c. All Attendees will be eligible to win additional door prizes. Need not be present to win.
6. Winner Selection
 - a. Each Attendee (children and adults) will be able to cast one vote per category.
 - b. Winners will be determined based on a popular vote of Attendees.
 - c. Winners will be announced at the end of the event after votes have been tallied. Winners who are not present at the time of announcement will be contacted to claim their prize at a later date.

All questions, requests for chaffing dishes and utensils, and arrangements for early food drop-off should be directed to:

Denise Cerniglia at 907-224-2273 or dcerniglia@sewardhealthcenter.org



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Healthy Guidelines to Keep in Mind

Try to incorporate...

- A variety of **vegetables** from all of the subgroups - dark green, red and orange, legumes (beans and peas), starchy (sweet potatoes, squash)
- **Whole grains** - brown rice, whole wheat flour, oats, quinoa
- Fat-free or low-fat **dairy** - milk, yogurt, cheese, and/or fortified soy beverages
- Lean **protein** - seafood, lean meats and poultry, eggs, legumes (beans and peas), nuts, seeds, and soy products
- **Oils** - use canola, olive oil, and avoid solid oils at room temperature like butter, margarine, and lard
- Fresh **fruits** - if canned try in water vs. syrup; if juice choose 100%

Limit...

- Saturated fats and trans fats (such as butter, animal fats, coconut and palm oil, partially hydrogenated oils in processed food)
- Sugar
- Sodium

Recommendations and information gathered from ChooseMyPlate: www.choosemyplate.gov/MyPlate.