

Do You Have a Favorite Family Recipe?

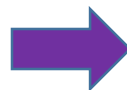


*Have you ever wanted to find out just how **healthy** that favorite family recipe really is? Or make that recipe just a **little bit** healthier?*

Let the UCA Dietetic Interns analyze your recipes!

We're raising money to attend the national Food and Nutrition Conference and Expo in Nashville, TN this October! For just **\$30**, we will provide a full computer nutritional analysis of your recipe, an easy-to-read nutrition label, and a healthier modified version of the recipe as well! This is a great way to connect with your relatives by using old family favorites, promoting family mealtime, and learning how to make your recipes healthier in the process.

The deadline for submitting recipes is September 15th, 2015, so act now to take advantage of this great opportunity. See other side for details and form!



Recipe Analysis Fundraiser

Recipe Analysis

Who? UCA Dietetic Interns with Bachelor of Science degrees in nutrition or related field, under the supervision of Dr. Nina Roofe, Registered Dietitian Nutritionist, are raising money to attend the national Food and Nutrition Conference and Expo in Nashville, TN this October!

What? Have your favorite family recipes computer analyzed and a nutrition label created. Report will also include healthy modification tips.

Where? University of Central Arkansas, Department of Family & Consumer Sciences, Dietetic Internship.

When? Deadline: September 15, 2015 for receipt of information form, recipe, and fee. Computer analysis, nutrition label, and modified recipe will be postmarked to you by October 1, 2015.

Why? This is a great way to connect with your relatives by using old family favorites, promoting family mealtimes, and learning how to make recipes healthier.

How? Provide your information form, recipe, and check for \$30.00 made out to the "UCA Dietetic Intern Association" to:

UCA Dietetic Intern Association
201 Donaghey Avenue
McAlister Hall 100
c/o Nina Roofe
Conway, AR 72035

Information Form

Name: _____

Physical (mailing) address: _____

Phone number and/or Email (in case we have questions): _____