



# GET Cooking

WITH

# Fruit

## RECIPE CONTEST

Dear School Foodservice Director,

Thank you for participating in the DOLE® Get Cooking with Fruit Student Recipe Contest!

We look forward to reviewing your school's recipe submissions.

Enclosed you will find the Official Rules of Play, Official Entry Form, Participation Release Form, Sample Student Recipe Submission and posters to promote the recipe contest at your school. Please review and reference these materials as you facilitate this contest. All materials can also be found at [dolefoodservice.com/schoolcontest](http://dolefoodservice.com/schoolcontest).

On the back of this letter, you will find easy step-by-step instructions on how to participate in the DOLE Get Cooking with Fruit Student Recipe Contest and judge your school's recipes entries.

Best of luck to your students!

A handwritten signature in black ink that reads "Stuart McAllister".

Stuart McAllister  
Vice President Sales and Marketing – Foodservice, Industrial, Specialty



**Dole**  
GET **Cooking**  
WITH **Fruit**  
K-12 STUDENT  
RECIPE CONTEST

**CREATE A  
RECIPE THAT PROMOTES  
FRUIT IN A CLEVER AND  
UNIQUE WAY.**

**CONTEST ENDS  
OCTOBER 31, 2018**

Welcome to a new school year and a new opportunity to expand your students' knowledge of what it means to eat healthy. This year we are encouraging students to get creative in the kitchen with our **2018 Get Cooking With Fruit Student Recipe Contest**.

Whether a student is looking to become the next Master Chef or just wants to learn cooking basics at home with their family and friends, this contest can help spark creativity and encourage healthy eating for our future generation. Not only is cooking a fun way to learn about food, but learning to cook at an early age has shown to help students make healthier food choices.\*

Dole's 2018 Get Cooking With Fruit School Contest challenges students to create recipes that incorporate fruit in a unique way. Students who submit a winning recipe can win a new gaming console and their school can receive \$1,000 or a Captain Planet Learning Garden along with 10 cases of free DOLE® FRUIT BOWLS®.

**SO WHAT ARE YOU WAITING FOR?  
LET'S GET COOKING!**

\*Source: <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC5109777/>



## CONTEST DETAILS:

### 1. CONTEST SIGN UP

- Sign-up for the contest using the form provided on **dolefoodservice.com/schoolcontest**.
- Schools will receive the following:
  - ✓ *Two promotional posters featuring the contest to be used to promote at the school.*
  - ✓ *Contest Instruction Sheet, Official Rules of Play, Participation Release Form, Official Entry Form and Sample Student Recipe Submission Form.*

### 2. RECIPE CREATION

- Simply have students create a recipe that incorporates fruit in a fun, creative and original way. Each individual student needs to create a recipe of their own. Recipe must be written or printed on an 8.5" x 11" piece of paper and include student name, student age, school name, school address, recipe title, instructions, and picture.
- Review and communicate the recipe submission requirements in the **Official Rules of Play** to your students.

### 3. RECIPE JUDGING

- Collect all hard copy entries from students and use the judging criteria defined in the **Official Rules of Play** document to determine your school's top 3 recipes to submit to DOLE for final judging.
- Recipes will be judged on:
  - ✓Creativity ✓Visual Appeal ✓Incorporation of Fruit ✓Originality

### 4. RECIPE SUBMISSION

- Fill out the **Official Entry Form**. All submitted student recipes will additionally require a **Participation Release Form**.
- **All hard copy entries must be submitted and postmarked by October 31, 2018. Mail all participant recipes along with your chosen top 3, clearly marking each submission/entry from each grade level grouping.**

Mail all forms and recipes to:

**DOLE® Get Cooking with Fruit Recipe Contest**  
PO Box 810  
Hudson, WI 54016

## PRIZE INFO:

**Winners will be announced on or about  
November 16, 2018.**

For complete details and official rules, visit:

**dolefoodservice.com/schoolcontest**

