

Recipe Contest for New WIC Food Packages

3-A-Day of Dairy Recipe Criteria

1. All recipes must contribute at least 200 mg of calcium and at least 5 grams of protein per serving from eligible dairy products (fat free or low fat milk, cheese or yogurt).
2. All recipes must not exceed the levels listed below per serving for total fat, saturated fat, cholesterol and sodium:

	“Healthy Snack” “Side Dish” “Healthy Dessert”	“Main Dish” (could be Breakfast, Lunch or Dinner)
Total fat	13 g	19.5 g
Saturated fat	4 g	6 g
Cholesterol	60 mg	90 mg
Sodium	480 mg	720 mg
# food groups*	At least Milk Group	Milk Group plus at least 1 additional food group*

Fruits and Veggies More Matters Recipe Criteria

1. All recipes must include 2 or more food groups, with either fruits or vegetables making up at least one of those food groups.
2. All recipes must include at least 1/2 cup of a fruit or vegetable per 250 calories.
3. All recipes must not exceed the levels listed below per serving for total fat, saturated fat, fiber and sodium:

Total fat:	< 35% calories	Sugar:	< 15% calories
Saturated fat:	< 10% calories	Fiber:	>1.4 g per 100 calories
Sodium:	< 600 mg	# of food groups*:	2 or more

* Food groups are defined by MyPyramid.gov.

- To qualify as an “additional food group” recipe must contain at least 40 g of the additional food group item from one of the following food groups:
 Grain Group Milk Group
 Vegetable Group Fruit Group
 Meat and Bean Group
- Sauces, except for foods in the above food groups that are in the sauces, gravies, condiments, pickles, and other specified foods do not qualify as one of the three required food ingredients of a meal.



Dairy Council of Arizona and WIC are teaming up to give WIC clients quick and easy recipe ideas for their new food packages!



Recipe Contest

- To provide Arizona WIC participants with new recipes and ideas to use the new foods and the entire food package, Dairy Council of Arizona is working with Arizona WIC agencies to sponsor a WIC Food Package Recipe Contest.
- **Divisions** will include Students, Food Professionals or General Public.
- Entrants will develop simple, good tasting recipes using the WIC food package (see list on next page). The recipes must be fairly easy to prepare and include mainly foods that are contained in a typical food package with some, but minimal, additional food ingredients.
- Winning entrants will prepare their recipes for a taste-testing event. Judges will consist of WIC participants and staff from local clinics.
- All eligible recipes will be compiled into an easy to use recipe booklet that can be distributed to WIC clients at any clinic.
- All recipes must follow either the “**3-A-Day of Dairy**” or “**Fruits and Veggies More Matters**” recipe guidelines. (see back page)
- We’ll do all the recipe analysis!
- Enter as many times as you like!

Prizes!

- For every qualified recipe you submit that meets the nutrition guidelines, you’ll receive your choice of:
 - **\$10 iTunes (or similar music download) card**
 - **\$10 Basha’s or Food City gift card.**
- The winning recipe in each **Category** (*Main Dish, Healthy Side Dish, Healthy Snack, Healthy Dessert*), for each **Division**, (*Student, Food Professional, and General Public*) will receive a **\$100 Visa gift card.**
- **All prizes are courtesy of Dairy Council of Arizona.**

Recipe Contest Guidelines

- Enter a recipe in any of these four **Categories**:
 - Healthy Main Dishes
 - Healthy Side Dish
 - Healthy Snacks
 - Healthy Desserts
- The WIC Food Package includes:
 - *Juice (no sugar added)
 - *Fat free or 1% Milk
 - *Canned Tuna
 - *Specific Cereal (cold/hot)
 - *Dried beans/peas/lentils
 - *Canned Salmon
 - *Cheese (plain, domestic)
 - *Peanut butter
 - *Fruits
 - *Eggs
 - *Vegetables
- * Visit www.azwic.gov for a list of foods allowed in the WIC Food Package.
- All recipes must follow either the “**3-A-Day of Dairy**” or “**Fruits and Veggies More Matters**” recipe guidelines. (see back page)
- Majority of ingredients should be items from the food package, but additional items may also be included.
- All entries must be postmarked by January 31, 2009.
- Send recipe entries to:
 - Dairy Council of Arizona**
 - WIC Recipe Contest**
 - 2008 S. Hardy Drive**
 - Tempe, AZ 85282**
- Recipe tasting date and location TBD. Information will be posted on www.dairycouncilofaz.org.
- For additional information please visit:

www.dairycouncilofaz.org

or

Email: rlevac@dcaz.org