

NOT AFFILIATED WITH
RIDGEWOOD PUBLIC SCHOOLS



**Food
ConnectsUs**
2025 NATIONAL NUTRITION MONTH®
A Campaign by the Academy of Nutrition and Dietetics

**6TH ANNUAL
HEALTHY SCHOOL
LUNCH CHALLENGE**

IN HONOR OF NATIONAL NUTRITION MONTH

REQUIREMENTS:

CREATE A RECIPE THAT YIELDS 5 SERVINGS. MEALS **MUST** BE DESIGNED TO BE REPLICATED IN SCHOOL CAFETERIAS.

RECIPE **MUST INCLUDE** MARCH'S VEGETABLE OR FRUIT OF THE MONTH, CRUSHED TOMATOES AND APPLES (EXTRA POINTS WILL BE GIVEN IF YOU USE BOTH); A LEAN PROTEIN; AND A WHOLE GRAIN. **CANNOT INCLUDE FISH, SEAFOOD, PEANUTS, OR TREENUTS***

GROUP ENTRIES WILL
NOT BE PERMITTED

SUBMIT RECIPE AND PHOTO OF PLATED MEAL BY FEBRUARY 24, 2025 USING QR CODE BELOW

(2) GRAND PRIZE WINNERS WILL BE SELECTED PER CATEGORY TO RECEIVE:

- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU

(1) SUPER GRAND PRIZE WINNER WILL BE SELECTED PER CATEGORY TO RECEIVE:

- A VERTICAL GARDEN FOR THEIR SCHOOL
- A BANNER FOR THEIR SCHOOL CELEBRATING THEIR SUCCESS
- WINNING MEAL FEATURED ON THE MENU

SUBMISSIONS WILL BE DIVIDED INTO 3 CATEGORIES:

- PRE-K - 5TH GRADE
- 6TH GRADE - 8TH GRADE
- 9TH GRADE - 12TH GRADE

SUBMISSIONS GO HERE!



*IF RECIPE CONTAINS SESAME AND SCHOOL DISTRICT DOES NOT ALLOW SESAME, INGREDIENT WILL BE SUBSTITUTED

APPLES

CRUSHED
TOMATOES



6TH ANNUAL HEALTHY SCHOOL LUNCH CHALLENGE

HIGH SCHOOL PRIZES!

SUPER GRAND PRIZE: \$1,000
GRAND PRIZE: \$400

HIGH SCHOOL STUDENTS WITH THE TOP 3 SUBMISSIONS WILL COMPETE IN A COOKING COMPETITION AT DRISCOLL FOODS IN THEIR PROFESSIONAL KITCHEN. STUDENTS WILL COOK THEIR DISH WITH A POMPTONIAN CHEF. **THE COOKING COMPETITION WILL TAKE PLACE ON FRIDAY, MARCH 7TH STARTING AT 8:30AM.**

APPLICANTS MUST BE AVAILABLE THE DAY OF FILMING FROM 8:30AM TO 2:30PM TO QUALIFY TO WIN. PLEASE NOTE, A PARENT, GUARDIAN, OR CHAPERONE MUST ACCOMPANY YOU TO THIS EVENT.

WE WILL FILM AND SHARE THIS CHALLENGE ON OUR SOCIAL MEDIA PLATFORMS AND WITH THE SCHOOL DISTRICTS WE SERVE. HIGH SCHOOL CHEFS WILL HAVE 2 HOURS TO COOK THEIR MEAL ON THE DAY OF FILMING.

**THIS IS A GREAT
COLLEGE
APPLICATION
BUILDER!**



SUBMISSIONS GO HERE!



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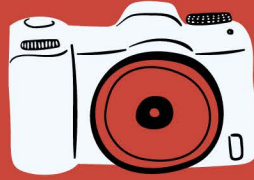


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TIPS FOR UPLOADING PHOTOS AND VIDEOS



Uploading/sharing videos can be tricky due to the size of the files. If you're having trouble, here are some methods you can try:

1. If your file is too large to send, you may want to trim down the length (time) of your video.
2. If you have a Google account, try to submit your photos and videos using Google Drive. The uploads folder can be found at the end of our recipe submission form.
3. Upload your video to YouTube. Uploads can be published as "unlisted" videos, so only those with the link can view. Make sure to send us the link to view your video!