Dear Teacher,

***Name That Smoothie   
Recipe Contest***

Are your students ready to “shake things up?” The [Name of Town/District] Child Nutrition Program is running a *Name That Smoothie Recipe Contest* for the month of {Month}.

The contest is open to all students, grades K-12 in the [Name of Town/District] School. Students must submit recipes on the attached application to the school main office by [Day, Month, Year]. **Please make copies of the contest application and distribute to your students.**

The following are guidelines and criteria for all smoothie recipes: All smoothie recipes must use least 1 cup of fruit and 1 cup of fluid milk and make at least two (2) cups. Additional ingredients to the recipe such as yogurt, veggies, spices, chocolate, vanilla, peanut butter and garnishes are optional.

For ideas to get your students started visit:   
www.newenglanddairycouncil.org>Schools>Dairy in Schools>Smoothies

In case your students want a little inspiration, have them visit the "Build Your Own Shake Up" Play in the Fuel Up to Play 60 Playbook. The Playbook contains creative ways to make smoothies even more fun!

Smoothie recipes will be judged on the following criteria: inclusion of appropriate serving sizes of low-fat or fat free milk and fruit, creativity, taste/flavor, consistency/texture and general overall appeal.

Winning recipes will be featured on the school meal menu and served in the cafeteria in [Month]. All students who submit a recipe will receive a [insert prize] and one lucky winner will win [insert grand prize].

If you have any questions or would like more information about our *Name That Smoothie Recipe Contest****,*** please contact me at [email].

Sincerely,  
[Your Name]  
[Title]