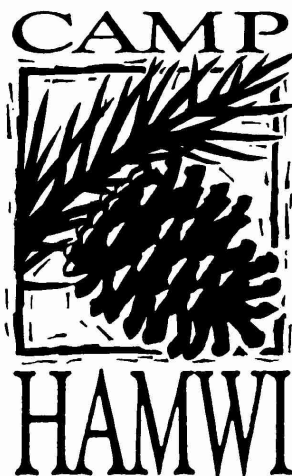


Request for Recipes 2010 Camp Cookbook

Nutrition Education plays a strong role at Camp Hamwi. It is our goal to challenge campers to expand their knowledge of nutrition by giving them opportunities to learn about, plan and prepare food. This further helps a camper's self-management techniques. A draft version of the 2010 cookbook will be utilized in all nutrition education sessions during camp and will be made available online after Camp Hamwi concludes its 2010 session.



Recipes should be moderate in total fat and total carbohydrates per serving (nutritional values need not be submitted with recipe). Inclusion in the cookbook is dependent upon nutrition criteria and the number of recipes received. Several recipes will be included on the Camp Hamwi menu and all campers will vote for their favorite. Inclusion on the camp menu is dependent upon ease of preparation for 50+ people.

Please send your favorite recipes preferably by email,
Attention Jennifer C Shrodes, RD, LD at
jshrodes@diabetesohio.org, or by mail to the Central Ohio
Diabetes Association, 1100 Dennison Avenue, Columbus, OH
43201, or fax 614/8844484

DEADLINE to submit recipes - Monday, March 1, 2010

