



# ON THE MOVE

## National Challenge 2019

### TEAM KENT STATE Mini-Challenge Week 9: Share a Healthy Summer Recipe

Due June 7

For this week's mini-challenge, we invite employees to share their favorite summer recipes. Sharing a recipe will enter the employee into a drawing for prizes! Although many of the best dishes are decadent, let's try to focus on healthier summer recipes. You could also think of ways to make your favorite recipe healthier.

If you have a recipe you would like to share, please fill out this form with your recipe and submit the completed form to Employee Wellness by emailing it to [wellness@kent.edu](mailto:wellness@kent.edu) or faxing it to 330-672-5447 by **5:00 pm on Friday, June 7**. You may also attach the recipe or provide a link to a web page along with this form.

Name: \_\_\_\_\_

KSU email: \_\_\_\_\_

Dept./College: \_\_\_\_\_

Office phone number: \_\_\_\_\_

RECIPE FOR: \_\_\_\_\_

**INGREDIENTS:**

_____	_____
_____	_____
_____	_____
_____	_____
_____	_____

**DIRECTIONS:**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**Continue on reverse if needed**

Please check one:

- You may post my recipe and my name on the recipe book web page
- You may post my recipe, but I choose to remain anonymous

