

**The Michigan Department of Community Health
Division of Environmental Health
invites you to
Submit Your Favorite Fish Recipe!**



The MDCH Division of Environmental Health has created a cookbook of favorite fish recipes from Michigan residents. These recipes have been published in a cookbook and posted on the *Michigan Fish Advisory* website, www.michigan.gov/eatsafefish.

Fish make very healthy meals and are low in fat, but some have too many chemicals in them to be considered safe to eat. The *Michigan Fish Advisory* can help you choose fish that are lower in chemicals and safer for the whole family to eat, and the ***Hooked on Fish: Recipes from the Great Lakes State*** cookbook will give you ideas for preparing the fish you select!

Hooked on Fish will feature some of Michigan's favorite fish recipes, information about the health benefits of eating fish, as well as show you how to avoid some of the chemicals through trimming and cooking techniques.



If you would like to include your recipe in the next version of the cookbook, send it to us!

You must include your name, city, telephone and e-mail address (if you have one). We will only publish your name and photos if permission is given on the Submission Form.

Please send us photos of your dish or fun fishing events!

We would love to include your pictures, if there is enough space in the cookbook. You can either mail or email your picture to us. (We can't return your picture if you mail it, so please send a copy.)

We will need permission to use your photo. Please be sure to check the box on the Submission Form.

Use the Michigan Fish Advisory to find the best fish for you and your family.

The Advisory is published by MDCH and helps you to make smart choices about eating fish and find places in Michigan where you can catch them. It can be found at www.michigan.gov/eatsafefish. To figure out which fish can be caught in Michigan, use the DNRE Guide at <http://www.michigan.gov/fishid>.

Mail the submission form, your recipe and any photos to:

MDCH DEH - Hooked on Fish Cookbook
201 Townsend St, 4th Fl
Lansing, MI 48913



OR, if you have internet access, please submit your recipe at:
<http://www.surveymonkey.com/HookedOnFish>

If you have questions, please call MDCH DEH at 1-800-648-6942 and ask for Michelle.

The Michigan Department of Community Health
"Hooked on Fish: Recipes from the Great Lakes State"
Recipe Submission Form

First Name:* _____

Last Name:* _____

Street Address: _____

City:* _____

State:* _____

Zip: _____

Phone number:* _____

Email address: _____

Recipe Title:* _____

I give MDCH my permission to include:
(check all that apply)

☐ My name**

☐ My photos, if submitted

...in the MDCH 'Hooked on Fish' cookbook and related MDCH publications.

☐ By checking this box, I am stating that the recipe I am submitting to the MDCH for use in the 'Hooked on Fish' cookbook is an original recipe and is not copyrighted material. The above statement and all information provided is true and correct to the best of my knowledge.

☐ Check this box, please, if you would like to be notified when the cookbook is published.

**Please note, if you prefer NOT to share your name, your recipe will be entered as submitted by "Anonymous, Your City, Your State."

* Required

Submission rules:

- You must be 18 years or older.
- All recipes must be submitted in English.
- Your recipe must feature fish that can be caught or bought in Michigan.
- By submitting this recipe to the Michigan Department of Community Health, you give MDCH permission to reproduce and publish it in the 'Hooked on Fish' cookbook. You agree that this recipe is royalty-free, without compensation due of any kind to you or any third party.
- Michigan Department of Community Health reserves the sole right to determine the final content of the cookbook and cannot guarantee that your recipe will be included.

Privacy Policy:

- We, at the Michigan Department of Community Health, want to assure you that the personal information you give us will be kept confidential unless otherwise stated.
- We do not require personal information before submitting a recipe, other than your name, city, and e-mail or postal address.
- We will not disclose any information submitted, including e-mail or postal addresses, to any outside website, company, or organization.
- Representatives of the Michigan Department of Community Health may need to contact you for further information regarding your recipe.
- If you would prefer not to be contacted, please check this box: ☐

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