



LET'S MOVE THIS WEEK

March 6, 2014

TIME TO BREAK OUT YOUR CHEF HAT!

The Healthy Lunchtime Challenge is back.

First Lady Michelle Obama is again teaming up with the U.S. Department of Education, the U.S. Department of Agriculture, and Epicurious to host a nationwide recipe challenge to promote cooking and healthy eating among America's youth. We're inviting parents or guardians and their children, ages 8-12, to submit an original lunch recipe that is healthy, affordable, and tasty, with the opportunity to be invited to attend a [Kids' "State Dinner"](#) here at the White House where a selection of the winning healthy recipes will be served.

[Click here for more information about the Healthy Lunchtime Challenge and to submit your recipe!](#)



Don't forget to use USDA's [MyPlate](#) as a resource to make sure your recipe meets the healthy standards incorporated into the MyPlate icon. Entries should represent each of the food groups, either in one dish or as parts of a lunch meal, including fruits, vegetables, whole grains, lean proteins and low-fat dairy foods, with fruits and veggies making up roughly half of the plate or recipe.

You've got until April 5th to submit your recipe, so head into the kitchen and get cooking! We can't wait to see all of the nutritious and delicious recipe creations you come up with!

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