

MAKING YOUR PLATE GREAT CONTEST

Because members have found the exchange system so overwhelming I have come up with a contest that will benefit all the members in Idaho. Now that most of your chapters have seen the new Area Captains program on the exchange system you should all be ready to take it to the next level. Think about it if all 50 chapters in Idaho contribute 7 menus that would be 350 dinner plans for the year! All the work is done for you! Some menus you will like, others you may not, but you will find some that you love and you will use over and over.

1. Must be a chapter project (several different contributors).
2. Top of sheet must be labeled contributed by ID 0000 City in Idaho (fill in your chapter's info).
3. All menu's for chapter combined onto one or two sheets
4. Credit must be given to each contributor. (At the top of the menu must say contributed by and members name.)
5. Must have seven distinctly different menus following the format on the back of this page.
6. You may use any TOPS manual to make out the exchange menus. Several older books have the same exchanges. The newer books have expanded lists for new items that have come onto the market but the exchange lists and portions are pretty much the same.
7. Be creative and think of different times of the year. What is in season? What season is it? What holidays are coming up?

Prizes given for:

1. Submitting a 7 day menu plan following the directions above.
2. Most creative and diverse menu's (entire chapter submission).
3. Chapter who submitted the best themed menu
example:
 - * Best Chinese, Mexican or Italian flavored menu's.
 - * Best Seasonal menu, Winter, Spring, Summer or Fall.
 - * Best Holiday week menu (does not include actual holiday meal) this is to provide sensible eating prior to and after the "Big Meal Day."

Prizes

1. **Each Chapter submitting a menu will receive via e-mail a different menu plan each week submitted by chapters throughout the state.** Menu plans will be sent to chapter leader with and e-mail address or chapter designate. If the chapter leader does not have an e-mail and the chapter does not have a designate I will cover the printing costs and the cost of the envelopes if you send me postage to mail them to you.
2. The chapters who submit the most creative and diverse or themed meal plans listed above will receive a packet of all the menu plans submitted from the chapters in your area. If you are in a small area do not submit a menu plans you will receive menu plans from at least 10 chapters.

I will check the price to bind all chapter submissions into one booklet that we could sell at SRD.

Submissions for prizes due **by October 10th 2015.**