

**Instructions for Recipe Submissions:**

- The Recipe Title should be no more than **FOUR** words long; recipes with longer titles may be shortened
- Only **ONE** ingredient should be listed per line
- Please provide quantities for all ingredients (note: seasonings can be listed as “according to taste” if desired)
- If possible, provide quantities as measuring cups/spoons (eg ½ cup, 1 tbsp) rather than quantities in grams/ounces/etc.

**Recipe Submission:**

Recipe Title:

Ingredients:

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Ingredient Substitutions/Exclusions (select one):

- NO ingredients can be substituted in this recipe
- The following ingredients can be substituted/excluded:

- 
- 
- 
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Directions:

- 1.
- 2.
- 3.
- 4.
- 5.
- 6.
- 7.
- 8.
- 9.
- 10.

Does this recipe require any specific materials (e.g. pressure cooker, cast iron pan)?:

No

Yes (please specify):

- Provide possible substitutes:

Additional Information (select one):

I DON'T have any tips, tricks, or extra information about this recipe

I DO have tips, tricks, or extra information which I wish to share:

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Consent

I consent to having my recipe edited (for clarity, length, and so on) at the recipe team's discretion

I acknowledge that submitting a recipe does not guarantee inclusion in the recipe book

I consent to be contacted if needed for further information

Contact Information

Name:

Email and/or Phone number:

I wish to remain anonymous if my recipe is selected

I wish to have my name included on my recipe card if it is selected

Return this form by email: [vegfoodbank93@gmail.com](mailto:vegfoodbank93@gmail.com), mail: Box 705 Vegreville AB T9C 1R7 or in person at 4615 Maple Street Vegreville AB Tuesdays 10 am – 2 pm.