

Recipe Guidelines 2022-2023

The purpose of this contest is to create awareness of the goodness and availability of foods grown locally in Massachusetts. We encourage families to share stories of their culture or family memories while cooking together. Classrooms may submit recipes that students have shared with classmates during lessons on heritage or making healthy choices.

- All seasonal recipes should highlight some locally grown vegetable, fruit or dairy as part of the ingredients.

- Submitted recipes should be a family favorite, a cultural tradition, a recipe passed down through generations, or a new invention.
 - Cooking uses ELA, SEL, Science, Health, Math
 - List and explain the vegetable, fruit or dairy grown in MA.
 - As an extension list which products are grown in farms near you (resource MDAR Map)
 - Using a family recipe? Does it have a family, culture, or sentimental history?
 - Why was it chosen?
 - How did it make you feel to use this recipe?
 - Why was it dear to your heart?
 - Pictures of students/family/classrooms with this dish may be included.
 - NEED release form for any student's image.

- Recipes should not be sourced from social media or online cooking websites.

By submitting a recipe, you agree that it may be placed on the MAC website and available to others. Your family story and pictures may also be shared. All photos will only be used by MAC after receiving a release form.