

eat healthy



Share your healthy recipes each month and have the chance to win a \$50 gift card to Bullard's Produce!

Each month, beginning in March, FMH Employees will have the opportunity to submit their favorite healthy recipe to be analyzed by our hospital dietitian, Whitney Buckles. Whitney will choose the winning recipe for that month and the winner will be announced, awarded, and their recipe featured during the Employee of the Month Ceremony. The recipe will be made up and all staff will have the opportunity to sample the winning recipe during the Employee of the Month Ceremony. Each month we will have a different type of recipe category.

March: Crock-pot Recipe

April: Side Dish

May: Appetizer/Snack

June: Breakfast

July: Dessert

Recipes will be judged on affordability & availability of ingredients, and nutritional/healthy guidelines set by the dietitian.

To submit your entry we will need to know the following:

Your Name | Department | Phone number | Recipe

Submissions can be emailed to Whitney Buckles at wbuckles@fairfieldmemorial.org, or sent through inner-office mail envelopes. Deadline for submissions each month is the 15th of each month!

All winning recipes will be posted on the Employee Portal (E-PRTL) on FMH's website www.fairfieldmemorial.org! Click on the E-PRTL link at the bottom of the FMH homepage.