

# Harker School Wellness Program

## 2022 Healthy Recipes Form

Employee Name: \_\_\_\_\_

### Healthy Recipes- 5 points for Each Recipe Submitted (100 Points Max for Nutrition Category)

An employee who prepares and submits proof of a “Healthy” recipe will earn 5 points per recipe (a max of 100 points may be earned in the Nutrition category). Recipes may be from the “Health Recipes List” provided by our Nutritionist, or from another source, but must be considered “Healthy” (low in sugar, containing “healthy” fats etc...). If the recipe is not from the “Healthy Recipe List” a copy of the recipe must be submitted in advance (prior to preparing) for approval by HR in order to receive credit.

#### Recipe Info

Name of Recipe \_\_\_\_\_ Date Prepared \_\_\_\_\_

Source:  HR list of recipes  Another source (I received approval of the recipe by HR)

I have submitted a photo of the dish I prepared\* (proceed to the lower section of this form; Critique of recipe)

I have not submitted a photo of the dish I prepared (answer questions below, then proceed to lower section; Critique of recipe)

How long did it take to complete your dish? \_\_\_\_\_ Was the recipe easy to follow?  Yes  No

Did the dish turn out as described / expected?  Yes  No If not what was different? \_\_\_\_\_

*\*If you are submitting a photo you may attach it to this form or email it to [daniellek@harker.org](mailto:daniellek@harker.org)*

#### Critique of Recipe / Prepared Dish

Use the space below to tell us about your dish (did you like it, would you add/remove/change anything, etc..)

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I, the employee named above, guarantee that the information contained in this verification is true and accurate and I understand that HR may verify any forms submitted for the purpose of obtaining a wellness reward. I understand that any inaccurate and/or false statements on this form may lead to the loss of all or a portion of my wellness reward.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

**RETURN COMPLETED FORM BY December 6, 2021**

Forms may be submitted via, email: [hr@harker.org](mailto:hr@harker.org), fax: 408-553-5774, or inter-office mail to HR at Union.