



In It Together Healthy Recipe Collection

Recipe Submission Form

The Employee Wellness Team invites KSU employees to share a favorite healthy recipe or a new recipe you have tried during this period of social distancing. Recipe submissions will be compiled and shared so they can be enjoyed by all. Many are likely finding they have more time to prepare meals, so let us draw inspiration from one another!

If you have a recipe you would like to share, please fill out this form with your recipe and submit the completed form to Employee Wellness at wellness@kent.edu by **5:00 pm on Friday, May 1**. You may also provide a link to a web page containing the recipe or attach the recipe on a separate document or to submit along with this form.

Name: _____

KSU email: _____

RECIPE FOR: _____

INGREDIENTS:

DIRECTIONS:

PLEASE CHECK ONE:

- ☐ You may post my recipe and my name on the recipe book web page
- ☐ You may post my recipe, but I choose to remain anonymous