

# Traditional Cookbook Project

The Aboriginal Nutrition Network would like to create a collection of traditional Indigenous recipes from across Canada and we're hoping you can help us! Every recipe that you submit will be a ballot towards a draw for cookbooks, an iPod shuffle and other great nutrition resources. Once completed, the recipe template on the page below will become your ballot. There is no limit to the number of entries per person.



**The deadline to collect traditional recipes has been extended to July 1, 2014.**

Please send your recipes with 'traditional recipe submission' as the subject line, as well as any other questions to Emily Murray at [ann.2001@hotmail.com](mailto:ann.2001@hotmail.com).





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## *Aboriginal Nutrition Network*

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<b>RECIPE NAME:</b> _____
Your name: _____ Your email: _____

Where did you get this recipe?

Original/family recipe     Another source: \_\_\_\_\_

**INGREDIENTS:** (please include both quantity and name of item)

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**INSTRUCTIONS:**

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If there is a story about when you typically prepare or eat this food please feel free to share it on the back of this page.