

Families & Friends Remember Cookbook

Recipe Submission Form

Victim Support Services is preparing a custom cookbook featuring favorite recipes from our supporters, volunteers, families, and friends. We will prepare and sell this cookbook in an effort to raise funds to support direct services to crime victims. It will be professionally published and contain a variety of recipes. It will also contain a table of contents, an index, and recipe category dividers.

It will also be special, as we would like to offer the opportunity to submit recipes in honor or memory of a loved one. Memorial/In Honor of recipes will be limited to 1 submission per person. You may also submit up to 5 other favorite recipes so you and your loved one can be represented. It is sure to be treasured for years to come!

Our goal is to collect 200 recipes by December 31, 2014. We hope to have cookbooks to sell by our 40th Anniversary Celebration in February 2015.

Follow the instructions below. Your name and the information you specify will be printed with your recipes. Your help in contributing recipes will ensure that this project will be a big success for Victim Support Services to continue to provide direct services to Victims of Crime.

INSTRUCTIONS FOR SUBMISSION

Print each recipe neatly using the enclosed form (using a separate form for each recipe), or type the recipe and attach to the enclosed form with identifying information printed on the form.

Submissions should be mailed to (don't forget to sign your submission):

Victim Support Services
PO Box 1949
Everett, WA 98206

Or emailed to (your email will be considered your signature and approval to publish):

contactus@victimsupportservices.org

Any questions feel free to email us at contactus@victimsupportservices.org

Thank you in advance for your participation in this project!

Person Submitting the Recipe: First Name: _____ Last Name: _____

City: _____ State: _____ Zipcode: _____

Phone number we can reach you at if we have questions: xxx-xx-xxxx

Do you wish to dedicate this recipe in memory of (if the person is deceased) Yes No

In Memory Of: _____

Do you wish to dedicate this recipe in honor of (if the person is living) Yes No

In Honor Of: _____

Do you wish to include a short story about your loved one (limit 50 words) Yes No

In 50 words or less share a short story about your loved one. Perhaps the recipes history in your family, why it's a favorite, when you serve it, what it reminds you of:

Please indicate the category into which your recipe fits best: (an item can be in more than one category but will be categorized based upon printing needs)

Appetizers, Beverages & Condiments

Rice, Grains & Pastas

Breads & Rolls

Soups & Salads

Casseroles & Slow Cooker

Sweet Stuff—Desserts, Cookies and Candies

Meat, Fish & Poultry

Vegetables & Side Dishes

Preserved Foods (canned, dried, etc.)

This and That

Signature: _____ Date: _____

Recipe Instruction Tips:

- In the ingredient section, list all ingredients in the order in which they will be used.
- Include all container sizes, and measurements (i.e., 24 oz can, 16 oz package, 2T, 1½ t, 3 cups, etc.
- In the directions, list ingredients by name (i.e., “combine flour, salt and sugar”, NOT “combine first three ingredients”).
- Include temperatures for cooking, chilling, baking, and/or freezing.
- Include approximate cooking times, but also describe the desired result of a step (i.e., “bake until firm and golden brown, approximately 20 minutes.)
- Include baking pan size if appropriate; indicate whether to cook or bake covered or uncovered.
- You may include cooking tips, optional ingredients or serving suggestions.
- If you need additional space, add another page.

Recipe Title: _____

Number of Servings: _____ Oven Temperature: _____ Cook Time: _____

List ingredients in the list below: For amount use a numeric value such as 2, for measurement use T, t, c, oz, qt, lb (*see note below), for ingredient use, for example, flour.

Amount	Measurement	Ingredient

Directions: (List directions by steps, example step 1, step 2, step 3—not in paragraph form)

*Note:

- T=Tablespoon
- t=teaspoon
- c=cup
- oz=ounce(s)
- qt=quart(s)
- lb=pound