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CALLING ALL FLORIDA CHEFS TO PARTICIPATE IN A HEALTHY COOKING COMPETITION



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Tallahassee, Fla. – The Florida Department of Health and the Florida Department of Agriculture and Consumer Services are partnering to offer the “Healthy, Fast, ‘Fresh from Florida’ Challenge,” part of the World Food Championship. The competition is open to Florida residents. Three finalists will be invited to cook their healthy recipes live at the World Food Championship on Friday, Nov. 6, in Kissimmee for a chance to win \$2,500.

“Healthy cooking doesn’t have to be a time-consuming effort,” said State Surgeon General and Secretary of Health Dr. John Armstrong. “This challenge shows just how easy it is to put together a healthy meal fast and how the healthy food choice can become the easy choice for families in the Sunshine State.”

“This competition provides a fun way for Floridians to engage in making good dietary decisions, which improves health and gives children the fuel they need to excel in the classroom,” stated Commissioner of Agriculture Adam H. Putnam. “Florida’s agriculture

industry provides an abundance of healthy foods that people can find at their local grocery stores—just look for the ‘Fresh From Florida’ label.”

Floridians 18 and older are invited to submit their healthy recipes online at worldfoodchampionships.com/florida. All recipe submissions must meet the following requirements:

- Use no salt added or low sodium products;
- Be 500 calories or fewer;
- Include food items of at least three colors;
- Contain at least two “[Fresh From Florida](#)” fruits or vegetables;
- Contain one source of protein – plant or animal sources;
- Take no more than five minutes to cook, excluding prep time; and
- Must be original, titled and include a picture.

The three contestants chosen will compete at the live event for the chance to win \$2,500, \$1,000 or \$500.

For more information on the World Food Championship, visit the event [webpage](#).

About the Florida Department of Health

The department works to protect, promote and improve the health of all people in Florida through integrated state, county and community efforts.

Follow us on Twitter at [@HealthyFla](#) and on [Facebook](#). For more information about the Florida Department of Health please visit www.FloridaHealth.gov.

About the Florida Department of Agriculture and Consumer Services

The Florida Department of Agriculture and Consumer Services helps support Florida’s \$123 billion agriculture industry. As part of this effort, the department administers the "Fresh From Florida" program to help Florida producers market their products. For more information, visit FreshFromFlorida.com.

About Healthiest Weight Florida

Healthiest Weight Florida is a public-private collaboration bringing together state agencies, not-for-profit organizations, businesses and entire communities to help Florida's children and adults make consistent, informed choices about healthy eating and active living. To learn more about how to be active and make nutritious food choices, visit www.healthiestweightflorida.com/.