

KIDNEY Health Fest

for African American Families

"Food For The Soul" Recipe Contest

Submit Your Favorite (healthy) Recipe By April 4
And You Could Win Fabulous Prizes!



1st Prize:

iPod nano and Cuisinart Quick Prep Hand Blender or
\$100 gift certificate to your favorite store!

2nd Prize:

iPod shuffle and Cuisinart Quick Prep Hand Blender or
\$75 gift certificate to your favorite store!

3rd Prize:

Cuisinart Quick Prep Hand Blender or
\$25 gift certificate to your favorite store!

Contest Rules: Recipes must be low in sodium and added sugar, and contain healthy fats (not butter).

How to enter: Send your recipes by **April 4, 2008** to Nikki Gepner: gepner@nwkidney.org or
Northwest Kidney Centers, Attn: Nikki Gepner, 700 Broadway, Seattle, WA, 98122

The winning recipes will be featured at the **Kidney Health Fest on Saturday, May 3.**