

# *Hungry Ka Na Ba?*

NOVEMBER 13, 2010, 1-4 PM

FAJ is looking for cooks to enter our Healthy Filipino Food Cook-Off  
At *HKNB*, you have the opportunity to showcase  
Filipino cooking using healthier ingredient while supporting  
**FILIPINO ADVOCATES FOR JUSTICE!**

## Criteria

- ❖ Make 2 healthier ingredient substitutions
- ❖ Emphasize whole, fresh ingredients like veggies, fruits, leaner meats and seafood.
- ❖ We encourage locally grown and organic ingredients if possible.
- ❖ MINIMIZE refined / processed sugars, fats, and artificial ingredients.
- ❖ Please prepare food for 25-30 people.
- ❖ Provide your own serving dishes/utensils
- ❖ Check in and set-up at 11AM.
- ❖ You will be provided with an apron, hat and gloves

## **Participants vote for the winners.**

- ❖ Prizes for the best dishes.
- ❖ A prize for the best presentation – think FESTIVE!!

**St. Anne Church, Social Hall (behind church)  
32223 Cabello St. Union City, CA**

Call (510) 465-9876 for details. Please submit entry form by November 1, 2010.

DETACH AND RETURN FORM

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## *ENTRY FORM*

-DEADLINE TO SUBMIT IS NOVEMBER 1, 2010-

Contestants enter free

Name \_\_\_\_\_  
Address \_\_\_\_\_  
City, State, Zip \_\_\_\_\_  
Phone \_\_\_\_\_ Fax \_\_\_\_\_  
Email \_\_\_\_\_

To enter the contest, please fill out this form and mail or fax to:

FILIPINO ADVOCATES FOR JUSTICE, 310 8<sup>th</sup> St. Suite 306, Oakland, CA 94607 (510) 465-7548

Pick a category:

- Vegetable
- Meat/Seafood
- Noodle
- Dessert

Name of Dish \_\_\_\_\_

