

Food is Health Community Recipe Challenge

Your Health Starts on Your Plate • **Let's Cook Together!**

At El Camino Health, we've always understood that eating well is one of the most effective ways to take charge of your health. Making better food choices helps protect our bodies from illness, support recovery and maintain lifelong wellness.

Join us for the *Food is Health* Recipe Challenge—because every food choice is a health choice.



How does the recipe challenge work?

1

Cook one of our recommended recipes that supports strong bodies and healthy lives—use fresh, whole foods.

2

Share your dish on Instagram or Facebook—snap a photo or video! Tag us on either:



@el.camino.health



@ElCaminoHealth

and use

#ECHFoodIsHealthChallenge

3

Win a prize! Your recipe will be entered into a raffle. Stay connected with El Camino Health on social media channels for monthly announcements!

Why should I join?



Good health begins in your kitchen by cooking something fresh.



Learn simple, nutritious recipes recommended by our nationally certified, locally trusted team of dietitians.



Healthy habits stick—join a community that makes fresh, whole foods fun.

Join the Challenge Today!

The El Camino Health *Food is Health* Challenge starts on April 8, 2025. Start cooking with us! Download healthy recipes for you and your family.

Visit **ElCaminoHealth.org/FoodIsHealth** for contest rules, recommended healthy recipes, nutrition and community health resources. Follow us on Instagram, Facebook, LinkedIn, and X for more updates and other helpful resources to support your health journey.

If you have other questions, please email **FoodisHealth@elcaminohealth.org**

Join the El Camino Health *Food is Health* Recipe Challenge.



 **El Camino Health**

