



Recipe Submission Form

FSLA is collecting recipes, stories and sweet traditions from members and residents for an exciting recipe book project.

Help us fill its pages with your favorite family recipes! It will also be a special opportunity to submit recipes in honor or in memory of a loved one.

Our goal is to gather 200 recipes by October 31, 2024. We hope to have cookbooks to sell as holiday season gifts!

Follow the instructions below. Your name and the information you provide will be printed with your recipe(s).

As a thank you, we will gift each contributor a free copy of *A Heaping Helping of Joy*.

INSTRUCTIONS FOR SUBMISSION

Print each recipe neatly using the form below (please use a separate form for each recipe), or submit your recipe on our website: www.floridaseniorliving.org/recipes

Physical submissions should be mailed to:

FSLA
2292 Wednesday Street, Suite 1
Tallahassee, FL 32308

*If you would like to share a photo to go with your physical submission, please submit on our website: www.floridaseniorliving.org/recipes

Digital submissions can be completed using our easy form at www.floridaseniorliving.org/recipes

Any questions feel free to email us at info@floridaseniorliving.org

Thank you in advance for sharing your recipes with us!

Person Submitting the Recipe:

First Name: _____ Last Name: _____

Phone Number: _____ Email Address: _____

I am a Resident or Employee of a FSLA Member Community or Industry Partner.

Community or Company Name: _____

Shipping Address:

Street: _____

City: _____ State: _____ Zip Code: _____

I wish to dedicate this recipe In Memory Of In Honor Of _____

Please share a short story about your loved one or how this recipe is a sweet tradition for your family (limit 50 words):

Directions: List directions by steps, example Step 1, Step 2, Step 3; not in paragraph form)