

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 contibutor 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

Runk yeu in advance for sharing your recipes with us!

ame: Last Name:						
Email Address:	nail Address:					
I am a 🔲 Resident or 🗋 Employee of a 🗋 FSLA Member Community or 🗋 Industry Partner.						
Community or Company Name:						
Shipping Address:						
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):						
	Email Address: f a					

Please indicate the category into which your recipe fits best: (an item can be in more than one category but will categorized based upon printing needs)

Appetizers, Beverages & Condiments	Rice, Grains & Pastas
Breads & Rolls	🗋 Soups & Salads
Casseroles & Slow Cooker	Sweet Stuff-Desserts, Cookies & Candies
🗋 Meat, Fish & Poultry	Vegetables & Side Dishes
Preserved Foods (canned, dried, etc.)	This & That
Signature:	Date:

Recipe Instruction Tips:

- In the ingredient section, list all ingredients in the order in which they will be used.
- Include all container sizes, and measurements (i.e., 24 oz can, 16 oz package, 2T, 1½ t, 3 cups, etc.
- In the directions, list ingredients by name (i.e., "combine flour, salt and sugar", NOT "combine first three ingredients".
- Include temperatures if appropriate.
- Include approximate cooking times, but also describe the desired result of a step (i.e., "bake until firm and golden brown, approximately 20 minutes.)
- Include baking pan size if appropriate; indicate whether to cook or bake covered or uncovered.
- You may include cooking tips, optional ingredients or serving suggestions.
- If you need additional space, add another page.

Recipe Titl	e:					
Number of Servings: Prep		Prep Ti	me:	_ Cook Time:		
List ingredients below: T=Tablespoon t=teaspoon c=cup oz=ounce(s) qt=quart(s) lb=pound						
Amount	Measurement		Ingredient			
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				
	🗋 T 🗋 t 🗋 c 🗋 oz	🗋 qt 🗋 lb				