



CITY OF LEBANON

# Mayer's Choice

## Healthy Recipe Submission

**MAY 16 | LEBANON FARMERS MARKET  
COOKING DEMO BEGINS AT 6:00PM**

Submit your favorite healthy recipe by Wednesday, May 8, 2019 at 5:00 PM for a chance to have Chef Dwayne Spencer of the Timeless Café cook your recipe at the Lebanon Farmer's Market on Thursday, May 16, 2019 at 6:00 PM. The Mayor will be selecting her favorite healthy recipe out of the submissions.

It is easy!

### *Here are the rules:*

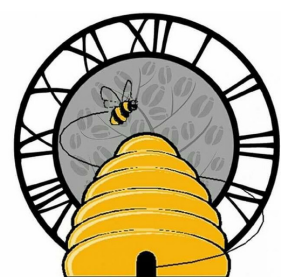
- At least one ingredient in your recipe must be able to be purchased at the Lebanon Farmer's Market
- Your full name, phone number & e-mail address must be included in your recipe submission
- Submit your healthy recipe to:

Michelle Remlinger - City of  
Lebanon Healthy Initiatives  
mremlinger@lebanon-pd.com  
400 South 8th Street, Room 116  
Lebanon, PA 17042

**OR**

Drop your healthy recipe submission  
in a box at the Lebanon Farmer's  
Market located at the kitchen on  
the 2nd floor

*Event Sponsors:*



Timeless Cafe

