

REGISTER NOW FOR THE

# IRON CHEF CHALLENGE

*September 1st - 30th*

## THE CHALLENGE:

Add variety to your diet by trying 4 new, healthy ingredients in September.

## HOW IT WORKS:

1. Register in your myHealthyUtah account by **August 31, 2010**.
2. Receive a "secret" ingredient and recipe each week via email.
3. Incorporate the secret ingredient into at least one meal that week.
4. Complete the final survey online to be entered to win 1 of 20 prizes valued at \$25!

Your  
Face  
Here

## QUESTIONS?

If you have any questions contact us at (801) 538-6261, toll free at (888) 222-2542, or at [HealthyUtah@utah.gov](mailto:HealthyUtah@utah.gov)

