

# Rainbow Community Care 35th Anniversary Cookbook

## Recipe Submission Form

**\*Deadline April 1st, 2025**

### Personal Information:

Name: \_\_\_\_\_

Phone Number: \_\_\_\_\_

Email: \_\_\_\_\_

Address: \_\_\_\_\_

**Recipe Name:** \_\_\_\_\_

### Category (check one):

- Comfort & Care; comfort food classics, family favorites, recipes that travel well (perfect for bringing to loved ones).
- Recipes for Connection; easy-to-share dishes, meals that build community, potluck favorites, make-ahead meals for neighbors.
- Heritage & Memory; family recipes passed down through generations, Memorial recipes, cultural celebration dishes, special holiday recipes that honor traditions, therapeutic aspects of cooking while grieving.
- Planning Ahead; Meal prep and freezer-friendly recipes, make-once eat-twice dishes, healthy adaptations of favorite recipes, emphasized dietary restrictive recipes.
- Seasons of Hope; spring renewal recipes, summer garden bounty dishes, autumn harvest favorites, winter warming meals, special event, and ceremony dishes.
- Spirits Lifted; comfort teas, healing broths, seasonal smoothies, wellness drinks, festive punch recipes for celebrations, memorial toasts/beverages, family favorite drink.

### Dietary Restrictions (check all that apply):

- Vegetarian
- Dairy Free
- Vegan
- Nut-Free
- Gluten-Free
- Other: \_\_\_\_\_

Preparation Time: \_\_\_\_ hours \_\_\_\_ minutes

Cooking Time: \_\_\_\_ hours \_\_\_\_ minutes      Servings: \_\_\_\_\_

**Recipe Story:** (Optional)

Please share a brief story or memory associated with this recipe.

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**Ingredients:** (use back of form if needed)

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

(continue as needed)

**Cooking Instructions:**

1.	6.
2.	7.
3.	8.
4.	9.
5.	10.

(continue as needed)

Additional Notes:

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By submitting my recipe, I acknowledge and agree that:

I freely donate this recipe to the Rainbow Community Care 35th Anniversary Cookbook and grant permission for its publication

I understand that:

- The cookbook committee will review all submissions

- Recipes may be edited for clarity and consistency
- Not all submissions are guaranteed to be published due to space limitations, duplications, or other publishing considerations

I confirm that this recipe is either:

- My own original recipe
- A family recipe I have permission to share
- A modified version of an existing recipe with substantial changes

I understand that all proceeds from this cookbook will benefit the Rainbow Hospice Care Foundation, and I will not receive monetary compensation.

I grant permission to Rainbow Community Care to use my name as listed above in connection with my recipe submission.

I give permission for my story/comments about this recipe to be used in the cookbook and Rainbow Community Care marketing materials.

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

### Recipe Guidelines & Punctuation

Cup = C.	Pound = lb.	Pint = pt.	Teaspoon = tsp.	Tablespoon = T.	Package = pkg.	Quart = qt.
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-a dash will be used between quantity and package size (ex: 1-6 oz. pkg.).

-We will use proper capitalization and spelling of brand names and standard cooking terms.

-Commas will be used to separate the ingredients and the description (ex: 1 onion, diced).

-Directions will be typed in one single paragraph.