

2009 Golden Carrot Awards



Each year, as part of the Physicians Committee for Responsible Medicine's (PCRM) Healthy School Lunches Program, PCRM presents the Golden Carrot Awards to food service professionals who have developed and implemented a healthful and successful school lunch program. This award recognizes those food service professionals who offer schoolchildren a range of healthy options, especially a variety of vegetarian foods and nondairy beverage choices.

To nominate school food service professionals and their school lunch programs for the Golden Carrot Awards, please complete the nomination form and submit it to PCRM by May 8, 2009. Self-nominations are accepted and encouraged. For information on Golden Carrot Award winners from previous years, please visit www.HealthySchoolLunches.org.

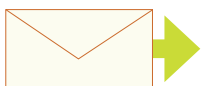
The nominations will be evaluated based on the following criteria:

- The variety of vegan and vegetarian entrée items served daily
- The availability of fresh fruits and vegetables
- The availability of low-fat and cholesterol-free food options on the school campus, including cafeteria à la carte items, vending machines, etc.
- Nondairy beverage offerings (please note whether they are offered free of charge)
- The use and effectiveness of nutrition education and other innovative programs

Applicants are encouraged to apply even if all of the above criteria are not met.

DIRECTIONS

- Complete the nomination form.
- Include a sample menu along with any other supporting documents.
- Mail the nomination form, questions, and supporting materials postmarked by May 8, 2009, to



Physicians Committee for Responsible Medicine
Attn: Kathryn Strong
5100 Wisconsin Avenue, NW, Suite 400
Washington, DC 20016

For more information, please contact Kathryn Strong, M.S., R.D.

E-mail: kstrong@pcrm.org • Phone: 202-686-2210, ext.338 • Fax: 202-686-2216

Awards include:

A GRAND PRIZE OF \$5,000



with \$1,500 given to the food service professional and \$3,500 given to the school food service program.

UP TO FOUR ADDITIONAL \$1,000 AWARDS



with \$500 given to the food service professional and \$500 given to the school food service program.

Award winners will be announced to the media and featured in PCRM materials, including in PCRM's quarterly magazine, Good Medicine, and on PCRM's Web site.

DEADLINE FOR SUBMISSION OF MATERIALS IS MAY 8, 2009

2009 Golden Carrot Awards nomination form

nominee school

school district

school's mailing address

nominee name

position or title

phone

e-mail

nominator's name (if different)

position or title

mailing address

phone

e-mail

school category: public school private school charter school other _____

number of students in school

number of students served by program

Does this school participate in the National School Lunch Program? yes no unknown

Please answer the following questions:

1. Is a vegetarian entrée item offered daily? Are any of these entrées vegan (free of eggs and dairy)? Please provide details.

2. How are the vegetarian and vegan items encouraged or promoted?

3. Does the school serve a variety of fresh fruits and vegetables? Please describe.
