

Recipe contest organized

The York Region Nutrition Committee has organized a recipe contest in conjunction with National Nutrition Month this March. The winning recipes will promote fibre and be low in salt, fat and sugar. In addition, all entries must be dinner-in-a-dish items. To be eligible, entries must be post-marked by March 15 and should specify one of three categories: Microwave Cook-

ery—any quantity; Singles Cookery—one or two servings; Family Fare—quick and easy recipes for active families. The recipes must also include the list of ingredients and method of preparation. Entries will be judged on taste, appearance, ease of preparation and nutritive value. Residents of York Region are asked to submit as often as they wish. Entries are to be sent to the Dieticians' Office, York Cen-


tral Hospital, 10 Trench St., Richmond Hill, Ont. L4C 4Z3. The recipes will be judged by the York Region Nutrition Committee. Finalists will be chosen to attend and Awards reception on April 11, in Richmond Hill. Prizes have been donated by Universe Health Club, Fitness Heaven, Kitchen Door, Markham Centennial Fitness Centre, Canadian Tire, Cole's, Knob Hill Farms and Weston Produce.

Toastmasters host contest

Show off your public speaking skills and be patriotic at the same time by participating in the International Toastmasters' Canada speech contest. The Markham Toastmasters is holding a local Canada Day speech contest on March 19, 6:45 p.m. at the Markham Community Library. Anyone over 18 years of age is invited to compete. The winner will advance

until a champion is found to participate in the celebrations in Ottawa on July 1. The contest is being conducted across Canada during the months of March and April. Those interested should call Bob Newman, administrative vice-president at 294-5817 for more information.

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