

Exchange recipes to win tix to parks

WILLIAMSBURG — Leadership Historic Triangle has launched an online healthy recipe exchange and giveaway.

The program lets people, restaurants and others share their healthy recipes, showing off their cooking talents and getting fresh ideas for nutritious meals on a limited budget.

The class and KitchenMonki.com are also offering an online sweepstakes until June 19.

By uploading a healthy recipe that can feed four people for less than \$20, posters will be eligible for one of two prizes donated by Busch Gardens and Water Country USA.

The prizes are four one-day passes to Busch Gardens or four one-day passes to Water Country USA.

A number of local organizations have already submitted recipes, including the School Health Initiative Program or SHIP, cooking clubs, Virginia Cooperative Extension and William & Mary's campus kitchens.

The class, which launched a three-pronged healthy initiative as its class project, partnered with KitchenMonki.com for the recipe exchange.

Kitchen Monki's website is used by everyday cooks to organize recipes and to automatically generate grocery lists and meal plans. It also integrates with Facebook and Twitter for recipe sharing, and offers a mobile app to send shopping lists to smartphones.

Want to enter? Visit historictrianglehealthyhabits.org/sweepstakes.

