



# Power Plates



Virginia PTA's student recipe program to encourage healthy eating habits.

Students can enter their original, healthy recipes in three easy steps: write down the recipe, fill out the Student Entry Form, and take a picture of the dish. For rules and entry form, go to <http://www.vapta.org/health-and-safety/power-plates>

Students in grades Pre-K to 12 can enter their recipes in five categories:



- Breakfast
- Lunch
- Snack
- Dinner entrée or side dish
- Dessert

*The top winners will be recognized at our  
Students Award Ceremony Luncheon  
To be held in Richmond on April 30 ,2017.*

**Deadline: February 24, 2017**

Visit our website for official rules and entry forms.

For more information, please contact

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