

# Join the Parrack Insurance Agency's **Recipe Contest and Cookbook** to benefit the Randolph County Humane Society

100% of the proceeds from the sale of the cookbook to benefit the RCHS

## Recipe Submissions **must include:**

- Ø Your Name
- Ø City
- Ø Phone Number (*will not be printed in the cookbook*)
- Ø Category you would like recipe to appear under
  - Appetizers and Beverages
  - Soups and Salads
  - Vegetables and Side Dishes
  - Main Dishes
  - Breads and Rolls
  - Desserts
  - Cookies and Candy
  - Pet Treats

Recipes can be submitted by email to Kelly Huffman at [ffmak3@nationwide.com](mailto:ffmak3@nationwide.com)  
**OR** dropped off at the Parrack Insurance Agency office at 01 Harrison Avenue (in Elkins).  
***Please note: Contest is limited to the first 150 recipes received. Duplicate recipes will not be used.***

## Contest Rules:

The Parrack Insurance Agency Staff will randomly draw 5 recipe submissions from each category on Friday, September 4th. Selected participants will be notified by phone by September 11th and invited to make recipe samples for public voting on Saturday, September 18th at the Parrack Insurance Agency booth during the Randolph County Fair. Winners, as determined from votes collected during the Randolph County Fair, will be contacted by Wednesday, September 23rd. Winners will receive a free copy of the cookbook. Cookbooks will go on sale Saturday, September 18, 2009 and will be available at the Parrack Insurance Agency and Randolph County Humane Society.

**Deadline for Recipe Submission: Friday, May 22**

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