We “Mustache” You A Question!

AtlantiCare Healthy Schools, Healthy Children wants to see those GREEN mustaches!

Blend a batch of healthy green smoothies and taste test with students in celebration of National Nutrition Month!

All photos must be submitted by online application at www.atlanticare.org/hshc found under Grants & Contests by March 27, 2020.

CONTEST RULES

- You be the judge! Each school may submit up to 3 photos of students/staff wearing their best green mustaches.
- Photos can feature groups or individuals.
- Full names of students/staff members must be provided.
- All photos must accompany an AtlantiCare Photo/Media Release Form.
- Photos will be entered into a random drawing for a $50 Visa Gift Card.

Winners will be announced by April 3, 2020.

Sample Recipe:

HEALTHY GREEN SMOOTHIE RECIPE

2 ripe medium bananas  
1 ripe pear or apple, chopped  
2 cups chopped kale leaves, tough stems removed  
1/2 cup cold orange juice  
1/2 cup cold water  
12 ice cubes

DIRECTIONS: Place bananas, pear (or apple), kale, orange juice, water, ice cubes in a blender. Pulse a few times, then puree until smooth, scraping down the sides as necessary.