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| **Submission Form** |
| First and Last Name |  |
| Associate ID Number |  |
| Department |  |
| Title |  |
| Location*(city, state, retail store # - if applicable)* |  |
| Recipe name |  |
| Description (50 words or less) |  |
| Ingredients and serving size |  |
| Instructions  |  |
| Inspiration for recipe (50 words or less)*OPTIONAL* |  |
| Please check that you have submitted at least one photo | [ ]  Photo **(required)**[ ]  Video (optional) |

Submit your recipe and photo to recipes@spartannash.com no later than **Monday, May 8, 2017** to be eligible for the prize drawing and grand prize recipe voting held after submissions close.