

We "Mustache" You a Question...



# Green Mustache Photo Contest

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 and green smoothie recipes must be submitted by **Friday, March 28, 2025**

[Submission Link](#)



## CONTEST GUIDELINES

- **You be the judge!** Each school may submit up to 1 photo per category of students and staff wearing their best green mustaches and the green smoothie recipe used.
- Photo Categories:
  - Best Individual Student Photo
  - Best Group or Class Photo
  - Best Staff Photo
- All photos must be accompanied by an AtlantiCare Photo/Media Release Form per individual in the photos.
- There will be 1 photo winner per category for a total of 3 winners. Schools will be awarded with a \$50 Amazon gift card for their winning photo.

Winners will be announced by **Monday, April 7, 2025**

### 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 water
- 1/2 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.



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