





## Recipe Submission Instructions

Thank you so much for submitting your recipe(s) for possible publishing in the Cure HHT cookbook! We are looking forward to creating a thoughtful, thorough and inclusive recipe guide representing the diverse community of Cure HHT.

We anticipate the Cure HHT cookbook to be available for purchase no later than mid-June with proceeds going toward the Cure HHT mission!

Recipe submission forms should be returned by mail to:  
Cure HHT, PO BOX 329, Monkton, MD 21111

Or email to: [lauren.linhard@curehht.org](mailto:lauren.linhard@curehht.org)

If submitting digitally, do not write your recipe directly in the body of the email. Please attach your recipe submission as a Word file with the same format as the printed form.

Please see instructions below and if you have any questions, contact Lauren Linhard at 410-357-9932 ext 106 or [lauren.linhard@curehht.org](mailto:lauren.linhard@curehht.org).

- Type or print clearly in ink with one recipe per form
- We reserve the right to review and select recipes submitted. We will make our best effort to publish a recipe from each person who submitted a recipe.
- Max recipe submissions is 4.
- List all ingredients in order of use in ingredients list and directions.
- Include container sizes, e.g., 16 oz. pkg, 24 oz can, etc.
- If this recipe is inspired by another published recipe, please do not copy the *directions* of the recipe or the *title* of the published recipe word for word. However lists of ingredients can be copied exactly from another source as they are not copyrightable.
- Use names of ingredients in the directions, e.g., "Combine flour and sugar." Do not use statements like, "Combine first three ingredients."
- Include temperatures and cooking, chilling, baking and/or freezing times.
- Be consistent with the spelling of your name for each recipe that you contribute.
- Tell us a little about your recipe(s) in the space provided on the form.
- Carefully review your recipe. **We cannot correct your errors.**
- **Deadline for all recipe submissions: May 5, 2017**

## Photo Submissions

We want any photos or drawings that pertain to your recipe(s)! You may submit your photos digitally or physically. Original photos will be scanned for possible use in the cookbook and handled with the utmost care. **All photos will be returned IF a self-stamped and addressed envelope is included with the photo.** Any size photo is accepted but digital copies should be at least 150 dpi. *We reserve the right to select and review photos based on space constraints, etc.*

Please include the following information with every photo submission: (You may use the form below and attach it to each photo.)

1. The recipe title
2. Your name and phone number
3. Any information about your photo.

**To email your photos:** Lauren Linhard at [lauren.linhard@curehht.org](mailto:lauren.linhard@curehht.org) (please include the above 3 pieces of information in the body of the email). Must be at least 150 dpi. 300 dpi is the best quality.

**To mail photos:** Include the photo(s) with your mailed recipe(s) to Cure HHT, PO Box 329, Monkton, MD 21111.

---

### Photo Recipe Submission Form

Recipe title: \_\_\_\_\_

Name: \_\_\_\_\_

Phone: \_\_\_\_\_

Information about your photo:

\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

***If you want your photo returned please remember to include a self-addressed and stamped envelope with the photo. All photos will be handled with the utmost care.***