

Share your favourite recipes for a good cause!

As you may know from the discussion at our last meeting, CFUW is celebrating its 100th anniversary this year. To mark this milestone and to support our Education Fund, CFUW Markham Unionville is putting together a celebration cookbook containing recipes from our membership and other local “celebrities”. We need your favourite family recipes to make this cookbook a success!

Recipes will be collected using the electronic submission format offered by Gateway Rasmussen, the company which will be printing our cookbook. So please follow these instructions for submission, which have been provided by the printer, to make sure our cookbook is the best it can be:

1. Choose one or more of your favourite family recipes to submit.
2. According to Gateway Rasmussen, “Recipes themselves cannot be copyrighted but certain recipes have trademark titles (ie. Neiman Marcus ® Cookies) and should not be duplicated.” Your own recipes are the best!
3. List ingredients in the order they are used in the recipe.
4. Make sure all ingredients listed are actually included in the recipe directions.
5. Use the abbreviations provided by Gateway Rasmussen listed below:

teaspoon.....**tsp.**
tablespoon.....**tbsp.**
cup.....**c.**
quart.....**qt.**
ounce.....**oz.**
pint.....**pt.**
gallon.....**gal.**
inch.....**in.**
pound.....**lb.**
fahrenheit.....**F**
milliliter.....**ml**
liter.....**L**
milligram.....**mg**
gram.....**g**
kilogram.....**kg**
millimeter.....**mm**
centimeter.....**cm**
meter.....**m**

6. Include all amounts and container sizes. For example: "2 (14 oz.) cans green beans".
7. Write the directions for the recipe in paragraph form. Do not number the steps.
8. Write the actual ingredient name in the directions. For example: "Combine sugar and flour" rather than "Combine first two ingredients".
9. Make sure oven temperature is always shown in the following format: "Bake at 350 F for 20 minutes".
10. Once your recipes are ready to go, access the online submission system by going to www.cookbookprinter.com. Log on to our account using the following:

User Name: **CFUWAnniversary**

Password: **Cookbook**

11. Once you are logged on, select **Add Recipe**. Select the first tab **Recipe Information** and add the information requested. You will be asked to choose, for your recipe placement in the cookbook, the appropriate category, and sub-category from the drop down menus. Then select the next tab, **Recipe Section 1** and enter the information requested for your recipe submission. Once you have entered your recipe, and checked it carefully for errors, select **Submit Recipe**. Please do not upload any photos with your recipe.
12. If you have questions regarding submitting your recipes online, please email Lisa McConnell at mccpat@rogers.com.

Recipe submissions will be taken until **Tuesday, April 16th, 2019**. However, please try to get your submissions in as soon as possible so we can provide the membership with an update at the April 17th meeting.

Once we have enough recipes to go ahead, we will work with Gateway Rasmussen in order to have the printed cookbooks available for purchase by the fall. All proceeds from the sale of the cookbook will go to our Education Fund.

If anyone wants to help sponsor this project, please contact Lisa McConnell at mccpat@rogers.com.

Thank you for your support!

CFUW Markham Unionville Cookbook Committee

Lisa McConnell, Ardy Reid, Janice Chung, Wendy Tibbles, Teresa Micone, & Valerie Milligan