United Leukodystrophy Foundation
Cookbook

Sharing Our Best

Our organization is preparing a taste-tempting cookbook featuring recipes from our ULF family. Our cookbook will be beautifully illustrated and bound. It will be treasured for years. All proceeds from the ***Sharing Our Best*** Cookbook will benefit the United Leukodystrophy Foundation.

We would like you to submit your favorite recipes so you can be represented in our memorable collection. Please follow the instructions below. Your name will be printed with each of your recipes.

Each cookbook will contain helpful cooking hints, recipe category dividers, a table of contents, and index and special pages of interest to the ULF. The cookbook will be typeset in an easy-to-read format and professionally printed and bound.

INSTRUCTIONS:

- Type or print clearly in ink, **not** pencil and place only **one** recipe per form.
- List all ingredients **in order** of use in ingredients list and directions.
- Include container sizes, e.g., 16-oz pkg., 24-oz can.
- Keep directions in paragraph form – not in steps.
- 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.
- You also may add a personal note about the recipe if you wish.
- Be consistent with the spelling of your name for each recipe you contribute.
- Your recipes should fit into the categories listed above. **Include the category** with each recipe submitted.

Use the format attached to input the necessary information on your recipe. **Don't forget to include your contact information** if I need to reach you for clarifications or questions.

Two ways to submit your recipes:

Email to office@ulf.org or send to ULF Cookbook Recipe 2304 Highland Drive, Sycamore, IL 60178.

Recipes will be divided into 8 categories: 1. Appetizer and Beverages, 2. Soups and Salads, 3. Vegetable and Side Dishes, 4. Main Dishes, 5. Breads and Rolls, 6. Desserts, 7. Cookies and Candy and 8. This and That.

There is no limit as to the number of recipes you may submit, but space may determine if some recipes do not make it into the cookbook. **Do Not** be offended if this happens to you.

We anticipate a great demand for our cookbooks and we want to be certain we order enough. You can reserve one or more copies for yourself and your family/friends at this time to be assured of receiving them. Note them with your recipe.

If submitting recipes from out of the **United States,** be careful to use measurements that are **US friendly** and ingredients **readily found** in the US.

Please submit your recipes to me no later than **April 15th 2008** so they can be turned over to the publisher.

Email me with any question you may have. I look forward to creating ***SHARING OUR BEST*** cookbook with your help!

Michelle Fingeroot
Board of Directors

RECIPE COLLECTION SHEET

Category _____

Recipe Title _____

Submitted By _____ **Contact Information:** Phone #, email address City, State _____

INGREDIENTS: Use abbreviations: pt. qt. pkg. env. c. tsp. T. oz. gal. doz. sm. med. Lg.

DIRECTIONS: _____

Please reserve _____ cookbook(s) for me.

Name _____