

**SPLASH OUT**  
**Hope** **THIS**  
**CUPPA**  
**SEASON**

*Your* support helps fund our care and support programmes provided by CANSA Care Centres

**#CuppaForCANSA**

**CANSA**  
Cancer Association of South Africa  
Research • Educate • Support

## **CUPPA FOR CANSA**

### **HEALTHY OPTIONS RECIPE COMPETITION**

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Cuppa For CANSA 2018 offers hostesses countrywide the opportunity not only to 'Splash Out HOPE' at their special Cuppa For CANSA events, but also to encourage balanced lifestyles.

Share your special Cuppa For CANSA 2018 Healthy Options snacks and stand the chance to win a Cuppa For CANSA & FIVE ROSES HAMPER and have your recipe showcased on the [Cuppa For CANSA website](#).

### **IN 3 EASY STEPS YOU CAN SHOWCASE YOUR RECIPES:**

- STEP 1      Contact your local CANSA Care Centre [www.cansa.org.za](http://www.cansa.org.za) and become part of the Cuppa For CANSA 2018 campaign
  
- STEP 2      Together with your CANSA support team encourage healthy option dishes and portion sizes for a Cuppa For CANSA event
  
- STEP 3      Enter your recipe by submitting your Cuppa For CANSA Competition Form & photo



# CUPPA FOR CANSA

## RECIPE ENTRY FORM

*Please complete the information below and forward this document via email [mscholtz@cansa.org.za](mailto:mscholtz@cansa.org.za) before **31 October 2018***

**FROM THE KITCHEN OF:**

Name & Surname

Mobile Number

Email

Town

Province

**INGREDIENTS:**

**METHOD:**

**PHOTO**

**NOTES:**

**PLEASE FORWARD YOUR ENTRY TO: [mscholtz@cansa.org.za](mailto:mscholtz@cansa.org.za)**  
**CLOSING DATE FOR ENTRIES: 31 October 2018**