



# Your Recipe – A New Eat-Green Dish!

## Submit your tasty and healthy recipe.

Get involved in the  
Challenge

From September 29 to October 10, 2025, you can submit your delicious and healthy recipe for a main course to us.

If your dish meets the requirements of a green recipe, there is a good chance of becoming the name-giver for a new dish in November 2025.

The “Nutrition Traffic Light” information sheet provides you with an initial guide on how healthy the ingredients of your dish are and what you should pay attention to during preparation.



### How to take part:

Fill in the form below with your recipe and click submit.