

2026 HEALTHIER TUCKSHOPS

# RECIPE OF THE YEAR



health+wellbeing  
Queensland



Queensland  
Government

## 2026 QAST RECIPE OF THE YEAR ENTRY

Please complete the fields below and email your completed entry form, along with at least one photo of your recipe, to [admin@qast.org.au](mailto:admin@qast.org.au) with "Recipe of the Year" in the email subject line.

### ENTRANT DETAILS

|                                                                                                                  |  |                |  |
|------------------------------------------------------------------------------------------------------------------|--|----------------|--|
| School name:                                                                                                     |  | Contact email: |  |
| Entrant name/s:                                                                                                  |  | Contact phone: |  |
| QAST member? <input type="checkbox"/> Yes <input type="checkbox"/> No <input type="checkbox"/> Don't know/unsure |  |                |  |

### RECIPE DETAILS

|                                                                                                                                                                                                                                    |  |                                   |                                                              |
|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--|-----------------------------------|--------------------------------------------------------------|
| Recipe name:                                                                                                                                                                                                                       |  |                                   |                                                              |
| No. of serves:                                                                                                                                                                                                                     |  | Preparation time:                 |                                                              |
| Cooking time:                                                                                                                                                                                                                      |  | Recommended retail price:         |                                                              |
| Cost per serve to make:                                                                                                                                                                                                            |  | Category: (Select all that apply) | <input type="checkbox"/> Main <input type="checkbox"/> Snack |
| Dietary requirements: (Select all that apply)                                                                                                                                                                                      |  |                                   |                                                              |
| <input type="checkbox"/> Vegetarian <input type="checkbox"/> Vegetarian option <input type="checkbox"/> Vegan <input type="checkbox"/> Gluten-free <input type="checkbox"/> Gluten-free option <input type="checkbox"/> Dairy-free |  |                                   |                                                              |

### INGREDIENTS (Please list & include quantities)

### METHOD

# RECIPE OF THE YEAR

## DESCRIPTION

*For example: A delicious, quick pizza that's packed with healthy veggies.*

## VARIATIONS/TIPS

*For example: Substitute capsicums for vegetables like carrots, pumpkin, or sweet potato. Can be made vegetarian/GF. Can be kept in refrigerator for up to 7 days. May be frozen for up to 3 months.*

## PACKAGING SUGGESTION

*For example: Serve in a hamburger clam/food bowl with dome lid/clear cup with dome lid or paper bag*

## HOW DO YOU MINIMISE FOOD WASTAGE WHEN MAKING THIS RECIPE?

## DO YOU USE THE INGREDIENTS FOR THIS RECIPE ACROSS MULTIPLE MENU ITEMS?

*If, yes, what menu items?*

## RECIPE IMAGE

Please email an image/s of your prepared recipe in JPG or PNG format with your completed entry form to [admin@gast.org.au](mailto:admin@gast.org.au)

Photos of the recipe packaged for serving are welcomed and encouraged.

## AGREEMENT

☐ I agree to the [Terms & Conditions](#) of entry. For the full competition judging criteria, visit <https://gast.org.au/about-us/recipe-of-the-year/>

*The QAST Recipe of the Year is made possible through the Healthier Tuckshops program which is funded by the Queensland Government through Health and Wellbeing Queensland.*