

**FOOD & CULINARY PROFESSIONALS DPG
& SASKATCHEWAN PULSE CROP DEVELOPMENT BOARD (ACTING AS LENTILS.ORG)
RECIPE CONTEST**

No purchase necessary. Win airfare, hotel accommodations, and registration to the 2018 Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo™ (FNCE®) in Washington, DC (not to exceed \$2,000.00 USD). Runners up will receive a \$250 USD Amazon gift card.

1. NO PURCHASE NECESSARY. Entrants must be 21 years of age or older to enter.
2. All participants must be current members of the Food and Culinary Professionals (FCP) Dietetic Practice Group (DPG) of the Academy of Nutrition and Dietetics, registered dietitian nutritionists(RDN), nutrition and dietetic technicians, registered (NDTR) and residents of the United States of America.
3. You may enter the Recipe Contest by submitting all the following by December 4, 2017, via email to fcf@quidnunc.net. Whenever possible, the posted recipe template will be used. Guidelines for submitting include:
 - Include your name, address (including zip code), telephone number, email address and Academy number
 - Your original recipe must use either whole green or split red lentils (from either dry, cooked, par-cooked, or canned starting preparation (must be available in your local grocery store in that state), with lentils playing a star role in the dish
 - Your original recipe using no more than ten (10) ingredients – 5 or fewer ingredients preferred. Salt, pepper, and water do not count as ingredients. Ingredients should be readily available in mainstream supermarkets
 - Recipes should be easily replicated in a retail, supermarket, demonstration, or workshop setting (key elements here are: one pan, prepared on an induction burner, little prep space, few ingredients, no oven, etc.)
 - Recipes should be 30% or less of calories from fat and adhere to current Dietary Guidelines. If possible, include a nutritional analysis with your recipe.
 - The preparation time must not exceed 30 minutes (not including marinating or cooking time)
 - Recipe must be original, not copyrighted, owned by the entrant, and must not have been previously published
 - You must also include the name of your recipe, the ingredients, exact U.S. measurements, required utensils, timing, special preparation instructions, and approximate number of servings
 - The category of your recipe - appetizer (vegetarian or regular), main Entrée (vegetarian or regular; hot or cold), or side dish (vegetarian or regular; hot or cold), snack, breakfast or dessert

- ✓ Recipe document name should use the following format: Last Name – Recipe Name.doc
- ✓ Recipes must be sent as an attached Word document (not in the body of an email)
- ✓ We suggest that you send a simple photograph of your finished recipe (please compress the photo and then insert into the Word document). The photograph will not be used for judging purposes
- ✓ Enter as often as you like, but each entry is limited to one (1) recipe and must be emailed separately

NOTE:

- Recipes not meeting these criteria will be disqualified
 - Lentils.org assumes no responsibility for lost, late, damaged, misdirected, illegible, incomplete or postage-due mail or entries
4. All entries, including recipes and any photographs, shall be the property of Lentils.org and will not be returned. Submission of entry grants Lentils.org and each of their affiliates, officers, directors, employees and agents the right to publish, use, adapt, edit and/or modify such entry in any way, in any and all media, without limitation as regards duration, frequency or territory, and without consideration (ie payment of a fee) to the entrant. Submission of an entry further constitutes the entrant's irrevocable waiver of any moral rights and assignment and transfer to the Lentils.org of any and all rights, title, and interest in and to the entry, including, without limitation, all copyrights and other intellectual property rights. Entries must be the original work of the entrant, may not have won previous awards, may not have been published previously, must not infringe third party rights, and must be suitable for publication (i.e., not obscene or indecent). Winners and entrants waive all rights and remedies at law or in equity for any claim they may have relating to this promotion.
 5. Four finalists will be selected by a judging panel appointed at the sole discretion of Lentils.org. Entries will be judged on the following criteria, weighted evenly: versatility, innovative use of lentils, and adherence to entry criteria. The finalists will be selected on or about December 18, 2017. Finalist entries will be judged by FCP-selected judges on or about January 8, 2018, based on the following criteria, evenly weighted: taste/texture; availability of ingredients; ease of preparation; appearance; appeal to the general public. Decisions of the judges regarding all aspects of the Contest and its administration are final.
 6. Prizes: One Grand prize winner will be selected and, subject to satisfaction of eligibility requirements and signature of an affidavit of eligibility, publicity release and general release, will receive coach airfare, hotel accommodations for three (3) nights and registration to the 2018 Academy of Nutrition and Dietetics Food & Nutrition Conference & Expo™ (FNCE®) held on October 20-23, 2018, to be arranged by

Lentils.org. Airfare will only be provided within the continental United States (total prize worth up to \$2,000.00 USD). Three runners up will receive a \$250 USD Amazon gift card. Winners will be notified on or about January 15, 2018, and prizes will be awarded on or about January 22, 2018. All prizes will be awarded according to these rules. All taxes relating to the prizes will be the responsibility of the winners.

7. Finalists must provide positive identification specified by Lentils.org to claim their prize and will be required to sign and return an affidavit of eligibility, publicity release and general release. Finalists will be required to sign and return these documents within 10 days of notification or the prize will be forfeited and awarded to an alternate winner. Acceptance of a prize constitutes the winners' agreement to release and hold harmless the Lentils.org and each of their affiliates, officers, directors, employees and agents from and against any injuries, losses or damages related in any way to their participation in this promotion and/or acceptance and/or use of a prize, including Lentils.org and reliance upon their compliance with these rules, and their agreement that Lentils.org may use his or her name, voice, likeness and/or biographical data for advertising and promotional purposes in any and all media without additional compensation or restriction as to the frequency, territory or duration of such use.
8. This contest is open only to residents of the United States, 21 years of age or older. Lentils.org and each of their affiliates, officers, directors, employees, agents, licensed retailers, wholesalers and the judging panel as well as their immediate families and/or household residents are not eligible to participate. The contest shall only be governed and construed in accordance with the laws of Illinois and all entrants irrevocably consent to the jurisdiction of the state and federal courts of Illinois over them for such purposes. This contest is void where prohibited.
9. For the names of the winners, please check the FCP website (www.foodculinaryprofs.org) after January 15, 2018.