

**FOOD & CULINARY PROFESSIONALS DPG (“FCP”) & Heartland Food Products Group, LLC
RECIPE CONTEST**

No purchase necessary. Grand Prize Winner will receive a \$1000.00 Visa gift card. Four Runner Up contestants, One (1) for each category: appetizers, snacks, holiday treats, and desserts will each receive a \$250.00 Zingerman's Mail Order gift card.

1. **NO PURCHASE NECESSARY. Entrants must be 18 years of age or older to enter, legal resident of the (50) United States or the District of Columbia, with the exception of Guam, Puerto Rico and all other U.S. territories and possessions and where prohibited or restricted by law, and a member of the Food and Culinary Professionals Dietetic Practice Group of the Academy of Nutrition and Dietetics. All applicable federal, state and local laws and regulations apply.**

2. You may enter the Recipe Contest by submitting the following by February 16, 2018, via email to fcf@quidnunc.net. The provided recipe template must be used. Guidelines for submitting a recipe/recipes include:
 - Include your name, telephone number, email address and Academy number
 - Your original recipe must use SPLENDA® Naturals Stevia Sweetener, Tabletop Jar or SPLENDA® Naturals Sugar & Stevia Blend.
 - Recipe must be for a plate of small bites (ex. miniature desserts).
 - Your original recipe using no more than ten (10) ingredients. Salt, pepper, the SPLENDA® Sweetener product and water do not count as ingredients. Ingredients should be readily available in supermarkets.
 - Recipes should be made with natural or minimally processed ingredients and should generally fit into a healthy lifestyle.
 - Recipes should deliver a meaningful reduction in calories from added sugars. (For example, the whole recipe for the plate of small bites should contain more than just 1-2 teaspoons of sweetener.) If possible, include a nutritional analysis with your recipe.
 - The preparation time must not exceed 30 minutes (not including cooking time).
 - Recipe must be original and must not have been previously published.
 - Recipe must be submitted in Word document.
 - You must 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 choices for your recipe are appetizers, snacks, desserts, or holiday treats.

- ✓ Recipe file names 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).
 - ✓ All entries must be received by February 16, 2018.
 - ✓ Recipes not meeting these criteria will be disqualified.
 - ✓ 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.
 - ✓ Heartland Food Products Group, LLC assumes no responsibility for lost, late, damaged, misdirected, illegible, incomplete or postage-due mail or entries.
 - ✓ Enter as often as you like, but each entry is limited to one (1) recipe and must be emailed separately.
3. All entries, including recipes and any photographs, shall be the property of Heartland Food Products Group, LLC and will not be returned. Submission of entry grants Heartland Food Products Group, LLC 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 rights and assignment and transfer to Heartland Food Products Group, LLC 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.
 4. Ten (10) finalists will be selected by a judging panel appointed at the sole discretion of Heartland Food Products Group, LLC. Entries will be judged on the following criteria, weighted evenly: taste, versatility, innovative use of SPLENDA® Naturals Stevia Sweetener, Tabletop Jar or SPLENDA® Naturals Sugar & Stevia Blend, , and adherence to entry criteria. The finalists will be selected on or about February 26, 2018. Finalist entries will be judged by FCP-selected judges on or about March 5, 2018, based on the following criteria, evenly weighted: taste/texture; achieves a caloric savings from added sugars; 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.
 5. Prizes: One (1) 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 a \$1000.00 Visa gift card. Four (4) runner up winners, one (1) for each category: appetizers, healthy snacks, holiday treats, and desserts will each receive a \$250.00 Zingerman's Mail Order gift card. Winners will be notified on or about March 20, 2018, and prizes will be awarded on or about April 1, 2018. All prizes will be awarded

according to these rules. All taxes relating to the prizes will be the responsibility of the winners.

6. Finalists must provide positive identification specified by Heartland Food Products Group, LLC 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 Heartland Food Products Group, LLC 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 the Heartland Food Products Group's reliance upon their compliance with these rules, and their agreement that the Heartland Food Products Group, LLC 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.
7. This contest is open only to residents of the continental United States, 18 years of age or older. The Heartland Food Products Group, LLC 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.

By participating, participants agree (i) to be bound by these Rules and the decisions of FCP and Heartland Food Products Group, LLC, which shall be final and binding in all respects; (ii) to release, discharge and hold harmless FCP, and their respective parent, subsidiary and affiliated companies, advertising and promotional agencies and prize suppliers, Heartland Food Products Group, LLC, its parent and affiliated companies, and each of their respective officers, directors, employees, agents and representatives (collectively, the "**Released Parties**") from any and all claims, liability, including but not limited to negligence and damages of any kind to persons and property, including but not limited to death or personal injury, arising out of a participant's participation in the contest and/or acceptance or use or misuse of any prize (including any travel or activity related thereto); and (iii) to FCP and Heartland Food Products Group, LLC and their designees' use of his/her name, photograph, likeness, voice, prize information and/or biographical information worldwide in perpetuity for programming, publicity, advertising and promotional purposes in any and all media, now existing or hereafter created or conceived, without further compensation, notification or permission, unless prohibited by law.

8. For the names of the winners, please check the FCP website (www.foodculinaryprofs.org) after April 15, 2018.