

**FOOD & CULINARY PROFESSIONALS DPG  
UNITED DAIRY INDUSTRY OF MICHIGAN  
Undeniably Dairy: Share What's Real Recipe Contest**

No purchase necessary. First prize is a \$1,000 gift card. Second prize is a \$500 gift card.  
Honorable mention is a \$250 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 October 14, 2019 via email to [fcp@quidnunc.net](mailto:fcp@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 include at least a ½ serving of dairy per recipe serving. The recipe can reach this requirement through a combination of dairy sources – i.e., if a recipe contains both milk and yogurt, together they provide a ½ serving of dairy per recipe serving.

<b>Food</b>	<b>½ serving size</b>
Fluid milk (all types)	½ cup (4 ounces)
Cheese	¾ ounce
Cottage cheese	1 cup
Ricotta cheese	¼ cup
Yogurt	4 ounces
Ice Cream	¾ cup
Frozen yogurt	½ cup

- Your original recipe using no more than ten (10) ingredients. Salt, pepper, and water do not count as ingredients. Ingredients should be readily available in mainstream supermarkets
- If possible, include a nutritional analysis with your recipe.
- The preparation time must not exceed 1 hour (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, main Entrée (hot or cold), or side dish (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
  - United Dairy of Michigan 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 United Dairy Industry of Michigan and will not be returned. Submission of entry grants United Dairy Industry of Michigan 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 United Dairy Industry of Michigan 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. Eight (8) finalists will be selected by a judging panel appointed at the sole discretion of United Dairy of Industry Michigan. Entries will be judged on the following criteria, weighted evenly: versatility, innovative use of dairy products, and adherence to entry criteria. The finalists will be selected on or about October 21, 2019. Finalist entries will be judged by FCP-selected judges on or about November 4, 2019 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 a \$1000 gift card. One second prize recipient will receive a \$500 USD gift card. Honorable mention will receive a \$250 gift card. Winners will be notified on or about November 15, 2019, and prizes will be awarded on or about date. 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 United Dairy Industry of Michigan 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 United Dairy Industry of Michigan 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 United Dairy Industry of Michigan and reliance upon their compliance with these rules, and their agreement that United Dairy Industry of Michigan 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. United Dairy Industry of Michigan 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](http://www.foodculinaryprofs.org)) after November 20, 2019.