

After a decade of helping millions of Ontarians find answers to their nutrition questions, **EatRight Ontario along with Dietitians of Canada is launching a nation-wide recipe contest.**



Easy Home COOKING

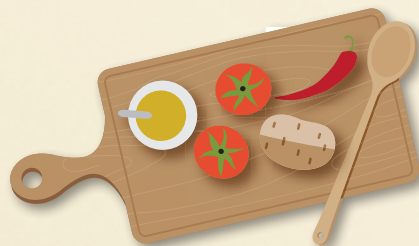
RECIPE CONTEST

Do you have great recipes for using leftovers?

Do you cook once and eat twice?

What are your favourite freezer recipes?

Or maybe you use your slow cooker or pressure cooker so that even the busiest evenings can end in a home cooked meal.



We want enthusiastic home cooks to help us celebrate by sharing their favourite healthy recipes that showcase Canadian ingredients and make home cooking easier and more enjoyable.

One winning recipe from each province and region will be declared the “easy home cooking” champion.

Judging criteria

Recipes will be judged on their originality, nutrition, preparation and taste, of course! And also:

- **Your story:** Tell us why your recipe is a favourite, how you came up with the idea and/or how it makes cooking at home easier. (100 words or less).
- **Overall Impression:** The judges should be able to recreate your recipe and understand how it fits the contest theme. Ingredients should be easy to find and economical. Include a photo (optional) of the finished product to help entice the judges!

Eligibility

Must be a Canadian resident 18 years of age or older. Recipes may be submitted in English or French. Enter as often as you like.

Prizes (See Contest Rules for more information)

- A grand prize winner from each province and region will be awarded a \$300 prize pack.
- The People's Choice award winner will receive a \$100 prize pack.
- All recipes will be featured on the EatRight Ontario and Cookspiration websites.
- Each participant will also be eligible to receive a contest apron. (One per household while supplies last).

President's Choice gift cards have been generously donated by Loblaw Companies Limited

Deadline: October 20, 2017

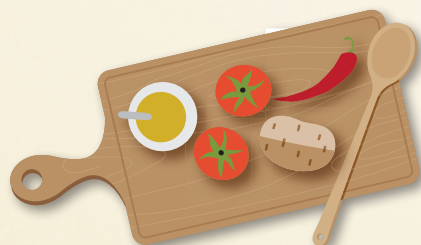




To email your
submission, send to:
recipecontest@dietitians.ca

To mail your
submission, send to:
EatRight Ontario
Anniversary Contest
Dietitians of Canada
480 University Ave.
Suite 604
Toronto, ON M5G 1V2

Contest deadline:
October 20, 2017



Official Entry Form

Please Print

First name _____

Last name _____

Address _____

E-mail _____

Phone _____

HOW DID YOU HEAR ABOUT THE CONTEST?

- ☐ EatRight Ontario website or email ☐ Cookspiration website
☐ Dietitians of Canada website ☐ Friend/family ☐ Social media

Other: _____

PLEASE READ THE CONTEST RULES AND CHECK:

- ☐ I have read and agree to the contest rules.

Contest rules can be found at www.eatrightontario.ca/anniversarycontestrules

Please answer this skill testing question to be eligible for a prize: $(2 \times 3) + (10 \times 2) =$ _____

SIGNATURE (if submitting by mail) _____

About EatRight Ontario

EatRight Ontario is a place to go for trusted nutrition information. Here are three easy ways to reach a Registered Dietitian for free.

- 1 Call **1-877-510-5102**
- 2 Send an email at www.eatrightontario.ca/email
- 3 Visit www.eatrightontario.ca for articles, recipes, videos, menu planning and more.



About Cookspiration

With the Cookspiration app you can:

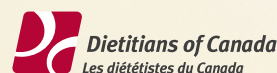
- Get unique ideas of what to make any day or time of the week.
- Access a wide array of recipes.
- Find out the nutritional details of the recipes you choose.

Download free-of-charge from the Apple Store or on Google Play or visit www.cookspiration.com.



About Dietitians of Canada

Dietitians of Canada is the national professional association for dietitians, representing 6,000 members at the local, provincial and national level. As the voice of the profession, Dietitians of Canada strives for excellence in advancing health through food and nutrition. Visit www.dietitians.ca.





RECIPE NAME _____

NUMBER OF SERVINGS _____

INGREDIENTS (Please include ingredient name and amounts)

DIRECTIONS (You may include a second page if necessary)

HOW DOES THIS RECIPE HELP MAKE HOME COOKING EASIER? (select all that apply)

☐ Planned leftovers ☐ Batch cooking ☐ Freezer cooking ☐ Slow cooker ☐ Pressure cooker

Other _____

WHAT INGREDIENTS ARE SPECIFICALLY CANADIAN?

PLEASE TELL US ABOUT THIS RECIPE. WHY IS IT A FAMILY FAVOURITE? WHAT WAS THE INSPIRATION? (Answer in 100 words or less).

DID YOU INCLUDE A PHOTO (OPTIONAL): ☐ Yes ☐ No