

Official Contest Rules: EatRight Ontario 10th Anniversary Easy Home Cooking Recipe Contest

In celebration of EatRight Ontario's (ERO) 10th Anniversary, ERO and Dietitians of Canada (DC) are launching the Easy Home Cooking Recipe Contest. Canadians are asked to submit their favourite family recipes that feature Canadian ingredients and that support making home cooking and food preparation easier.

By entering the Contest, all entrants agree to abide by these Rules.

- 1) **Sponsor.** This contest sponsor is Dietitians of Canada. ("Contest Sponsor").
- 2) **Eligibility.** The EatRight Ontario 10th Anniversary Easy Home Cooking Recipe Contest is open to legal residents of Canada at the beginning of the Contest Period who are 18 years of age or older, and who are not an employee of or domiciled with an employee of the Contest Sponsor or its affiliated companies, their advertising and promotional agencies or the contest judges. No purchase is necessary. The Contest is void elsewhere, and anywhere within Canada where it is prohibited, taxed or restricted by law.
- 3) **Contest Period.** Contest runs from September 11, 2017 at 12:01 am ET to October 20, 2017 at 4:00 pm ET ("Contest Period"). The People's Choice Voting will be open until November 17, 2017.
- 4) **How to Enter.** To enter the Contest, entrants must submit an original recipe using the Official Entry Form provided by the Contest Sponsor, indicate that they wish to enter the Contest, and provide contact information to enable the Contest Sponsor to contact the entrant if they win.
- 5) **Judging.** Following the conclusion of the Contest Period, the Contest Sponsor will select the winners based on judging criteria outlined on the Official Entry Form. The winners will be notified by email. Only the selected winners will be notified. If a selected winner cannot be contacted within two weeks of when their entry was selected, that winner forfeits their prize, and an alternative winner may be selected. To be eligible for a prize, the winner must correctly answer the mathematical skill testing question on the Entry Form.
- 6) **Prizes.** The following prizes are available:
 - Ten grand prizes (\$300 value) will be awarded to a winner by province or region depending on the number of qualified entries.
 - One People's Choice Award (\$100 value) will be given to the recipe with the most audience votes. Recipes selected as finalists for the People's Choice Award will be posted on the EatRight Ontario website at www.eatrightontario.ca/recipecontestvote where visitors will be able to vote for their favourite recipe.
 - All complete entries will be eligible to receive a promotional contest apron (\$10 value). One hundred aprons will be available and will be awarded to participants in the order they entered the contest. One per household while supplies last.

- Winning recipes will also be posted on the EatRight Ontario and Cookspiration websites as part of the Dietitians of Canada recipe libraries.

Prizes are a combination of cash and grocery gift cards. Prizes must be accepted as awarded and are not transferable or otherwise redeemable for cash. The odds of winning the prize depend on the number of eligible entries received. President's Choice gift cards have been generously donated by Loblaw Companies Limited.

- 7) **Third Party Websites.** This Contest may be promoted through third party websites, like Facebook. Entrants must at all times comply with the terms of service for those third party websites when using them to participate in this Contest. This Contest is in no way sponsored, endorsed or administered by, or associated with, those third party websites.
- 8) **Liability.** By submitting an entry, entrants release and hold harmless Contest Sponsor from any liability in connection with this Contest or participation in any Contest-related activities or, if declared a recipient of a prize, the use or misuse of the prize. All federal, provincial and local taxes are the sole responsibility of the entrant. Contest Sponsor assumes no responsibility for any problems or technical malfunction of computer systems, servers, access providers, computer equipment or software or failure of any entry to be received by Contest Sponsor on account of technical problems.
- 9) **Publicity.** By submitting an entry, entrant grants Contest Sponsor a license to copy, edit and use that entry as it sees fit. By submitting an Entry, entrant consents to the use of his/her name, city of residence, and/or likeness in any publicity carried out by Contest Sponsor and its promotional partners without further notice or compensation, for a period of two (2) years following the completion of the Content Period.
- 10) **Conditions.** If for any reason the Contest is not capable of being administered as planned, including without limitation, lack of sufficient number of entrants, infection by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures, or any other causes which corrupt or affect the administration, security, fairness, integrity or proper conduct of the Contest, or for any reason Contest Sponsor deems, in its sole and absolute discretion, that the Contest is not meeting the expected goals, Contest Sponsor may cancel, modify or terminate the Contest. Contest Sponsor may disqualify any entrant for (a) tampering or attempting to tamper with the entry process or the operation of the Contest or any Contest Sponsor website; (b) violating these Rules; or (c) violating the terms of service, conditions of use and/or general rules or guidelines of any property or service of Contest Sponsor or a third party website used to participate in the Contest, or (d) any violation of applicable law.
- 11) **Discharge.** The refusal by any selected entrant to accept any Prize releases and forever discharges the Contest Sponsor and its agents of all obligations related to the Prize, including delivery.
- 12) **Miscellaneous.** This Contest is governed by the Laws of Ontario, Canada, and the parties agree to submit exclusively to the jurisdiction of the Courts of Ontario that are located in Toronto, Ontario.
- 13) **For residents of Quebec.** Any litigation respecting the conduct or organization of a publicity contest that involves a resident of the Province of Quebec may be submitted to the Régie des alcools, des courses et des jeux for a ruling. Any litigation respecting the awarding of a prize that involves a resident of the Province of Quebec may be submitted

to the Régie des alcools, des courses et des jeux only for the purpose of helping the parties reach a settlement.

Entry Information:

1. Each contestant may submit multiple entries. Each submission must be accompanied by a separate Official Entry Form. Team submissions are permitted but only one Official Entry Form may be used and only one prize will be awarded. Entries can be submitted by email using the PDF Official Entry Form, or by mail or courier. Submissions may be in English or French.
2. Your completed Official Entry Form must accompany your submission. All entries must be clearly labelled with your Recipe name, entrant's name, mailing address and telephone number.
3. No entries will be returned. All entries become the sole property of DC.
4. Submissions must be received by DC before 4:00 p.m. ET on **October 20, 2017**.
5. Winners will be notified by email by December 31, 2017. Prizes will be awarded in the mail.

A copy of these rules may be found at www.eatrightontario.ca/anniversarycontestrules.

To mail or courier your submission, please send to:

EatRight Ontario Anniversary Contest
Dietitians of Canada 480 University Avenue, Suite 604
Toronto, Ontario
M5G 1V2

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

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