

Enter the 2014 EatRight Ontario Kids Recipe Challenge



Get Kids in the Kitchen!

Hey kids! Are you in grades 1-6? Do you like helping in the kitchen? Send us your favourite breakfast, lunch or snack recipes and you have a chance to win some great prizes!

EatRight Ontario and Dietitians of Canada are working together to get kids excited about healthy eating and creating kid-friendly recipes.

Who can enter

Ontario students in grades 1 to 6.

What to do

Create an original, kid-friendly recipe for either **school day breakfasts, school day lunches** or **after school snacks**. Enter as often as you like. Recipes may be in English or French.

Criteria

Recipes will be judged on:

• Nutrition

School day breakfast or school day lunch recipes should include at least **THREE** food groups from Canada's Food Guide.

After school snack recipes should include **TWO** food groups from Canada's Food Guide.

For more information on Canada's Food Guide visit healthcanada.gc.ca/foodguide.

• Taste

• Originality

• **Preparation:** Points will be awarded for using easily available ingredients and Ontario foods (no brand names please).

• **Response to the question,** "Why would kids like this recipe?" (100 words or less.)

For healthy lunch and snack tips see the EatRight Ontario website at www.eatrightontario.ca/en/SchoolHealth.

Prizes: You have a chance to win great prizes like gift cards, cookbooks, aprons and iPod products! Winners will be selected in each category for a grand prize, 2nd and 3rd place prize. All winning recipes will be posted on www.eatrightontario.ca. See the Official Contest Rules for more details.

Deadline: April 14, 2014 (4:00 p.m. EST).

For Official Contest Rules and Entry Form, visit www.eatrightontario.ca or call 1-877-510-510-2 for a copy.

Get Kids

in the Kitchen! Kids Recipe Challenge

Entry information

Entry form can be downloaded from www.eatrightontario.ca or call 1-877-510-510-2.

Each contestant or family may submit multiple entries in each recipe category. Each submission must be accompanied by a separate Entry Form.

To mail your submission, please send to:

EatRight Ontario Kids Recipe Challenge

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

Submissions must be received by April 14, 2014.

To e-mail your submission, please send to:

recipecontest@dietitians.ca



Important information from Official Contest Rules

For complete list of rules visit www.eatrightontario.ca

By submitting your contest entry, you agree that:

- you have read and understood the Official Contest Rules;
- your or your child's Recipe is an Original Work. Original Work means that the Recipe has been originally and lawfully created by you or your child, and the use, modification or reproduction of the Recipe by Dietitians of Canada (DC) will not give rise to any third party claims for infringement or violation of copyright, trademark or any other right of any third party, or to any third party claims including libel, defamation, violation of privacy or contract breach;
- you have obtained all necessary permissions, consents, licenses or other approvals of any and all team members, and third parties necessary or appropriate for the preparation or use of the Recipe;
- you release DC from any liability in connection with participating in this contest or preparation or use of the Recipe;
- you agree to indemnify DC for any liability and all reasonable costs arising from any third party action, claim or proceeding commenced against DC because of the Recipe; and
- you grant DC unrestricted use and reproduction rights for any purpose.

Three tips for a winning entry!

- See past winning recipes at www.eatrightontario.ca for ideas.
- Choose unique ingredients and cooking methods. What new recipes could EatRight Ontario use?
- Test your recipe with family and friends. If they like how it tastes than the EatRight Ontario judges probably will too!

More about EatRight Ontario

EatRight Ontario offers free advice on daily food choices that will help you and your family live well and stay healthy. Residents of Ontario now have more ways to connect with Registered Dietitians.

Here are the *three easy ways* to reach a Registered Dietitian at EatRight Ontario:

- Call 1-877-510-510-2. Call toll free from anywhere in Ontario to speak live to a Registered Dietitian as often as you would like. Dietitians can answer your questions, send you information and put you in touch with community services. The service is available in English, French and over 100 other languages.
- E-mail a Dietitian www.eatrightontario.ca. A Dietitian will email you a personal reply in 3 business days or less!

- Visit www.eatrightontario.ca

- Read nutrition articles
- Get healthy recipes
- Watch educational videos
- Use "My Menu Planner" to create personalized menus and
- Sign up for eNews, a monthly email with nutrition tips and updates from EatRight Ontario

Join our social network.

