

**Oncology DPG “Diversified Table” Recipe Contest**

Thank you for taking the time to enter into the ONDPG diversity contest. We are very excited to see all entries and we wish you all the best of luck. As you consider what your recipe is going to be, take a look at the rubric below to help guide you in creating your own masterpiece! The audience you will be creating a recipe for individuals of all ages with diverse backgrounds who are battling cancer. When you are thinking of your recipe, be mindful that it could be the caretaker who has never cooked before or the individual who is battling cancer, so the simplicity and time it takes to make the recipe will be important.

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| **ON DPG Recipe Contest Rubric** | **Total Points 60** |
| ***Creativity in using nutrient dense foods*** – explain the health benefits – which key phytonutrients, micronutrients and macronutrients are available in this recipe | 10 possible points |
| ***Visually appealing*** – Please include a picture of the final product/recipe | 10 possible points |
| ***Authentic to the culture of choice*** – African American Soul Food, Asian, Indian, Italian, Middle Eastern, etc.  If a “fusion recipe” please explain the ethnic ingredients | 10 possible points |
| ***Ability to nourish someone on the continuum of cancer*** – let us know if this recipe is good for a specific symptom like diarrhea, constipation, taste changes or for immunity in survivorship, etc. | 10 possible points |
| ***Simplicity***- It is important that a recipe be easy to understand, follow, and complete from beginning to end. Think of your audience | 10 possible points |
| ***Total time of recipe-*** The length of time it takes to make the recipe is very important given the amount of time and/or energy the person or caregiver may have – less time is helpful | 10 possible points |

**Your Name and MIG or DPG Membership:**

**Provide an Image of the Completed Recipe (in jpeg format):**

**Recipe Name:**

**Recipe Ethnicity/Cultural Inspiration:**

**Tell us a little bit about this recipe, e.g., cultural ingredients, what is known for, where does it come from (max 200 words):**

**What side effects recipe can help with e.g., nausea, diarrhea, constipation, trouble swallowing, sore mouth and throat, unintentional weight loss, taste changes (optional):**

**Servings:**

**Serving Size:**

**Ingredients (please list in bulleted form):**

**Instructions (please list in numerical order):**

**Nutrient Info (optional - use USDA nutrition database or we can do this for you):**