

FOOD & CULINARY PROFESSIONALS DPG POWERFUL PAIRINGS RECIPE CONTEST

No purchase necessary.

Contest winner will receive \$1,500 and two runners-up will receive \$500.

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 of the Academy of Nutrition and Dietetics, registered dietitian nutritionists (RDN) or nutrition and dietetic technicians registered (NDTR) and residents of the continental United States of America.
3. You may enter the Recipe Contest by submitting the following by October 22, 2021, via email to fcp@quidnunc.net. The provided recipe template will be used. Guidelines for submitting recipe/recipes include:
 - Include your name, address (including zip code), age, telephone number, email address and Academy number
 - Submission could be a meal with several components as a plated meal or bowl or a single dish submitted as an entrée or side dish. Submission must include:
 - Fresh pork (any type, cut or variety) and
 - Pulses (dry peas, beans, lentils, and chickpeas – canned or dry) and
 - Sorghum (any variety – bran, flour, whole grain, syrup)
 - Note: pearl, wholegrain sorghum (1 pound) will be shipped to the first 25 members [submitting a request](#) online; and
 - Grain foods including fresh and frozen sliced and unsliced bread, rolls, buns, bagels, naan, pitas, other flatbreads, English muffins (this can include the use of breadcrumbs or croutons).
 - **Note:** Tortillas, organic products, bars, crackers, sweet goods, or products sold in the frozen section are not included.
 - Recipes should be 4-6 servings
 - Your original recipe using no more than fifteen (15) ingredients. Salt, pepper, and water do not count as ingredients.
 - The preparation time must not exceed 45 minutes (not including pearl sorghum soaking, other ingredient marinating, or cooking time).
 - Recipe must be original and must not have been previously published.
 - Recipe must be typed in a Word document (on the recipe template).
 - 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.
 - ✓ Recipe file names 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).
 - ✓ All entries must be received by October 22, 2021.
 - ✓ Recipes not meeting these criteria will be disqualified.
 - ✓ Include a 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.
 - ✓ FCP/Sponsor assumes no responsibility for lost, late, damaged, misdirected, illegible, incomplete entries.
 - ✓ Enter as often as you like, but each entry is limited to one (1) recipe and must be emailed separately.
4. All entries, including recipes and any photographs, shall be the property of Powerful Pairings and will not be returned. Submission of entry grants Powerful Pairings 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 Powerful Pairings 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. Up to ten (10) finalists will be selected by a judging panel appointed at the sole discretion of Powerful Pairings. Entries will be judged on the following criteria, weighted evenly: versatility, innovative use of Powerful Pairings products and adherence to entry criteria. The finalists will be selected on or about October 29, 2021. Finalist entries will be judged by FCP-selected judges on or about November 11, 2021, 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 \$1,500.00. Two runners up will receive \$500.00. Winners will be notified on or about November 17, 2021. 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 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 Powerful Pairings 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 Powerful Pairing's reliance upon their compliance with these rules, and their agreement that Powerful Pairings 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 continental United States, 21 years of age or older. Powerful Pairings 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.fcpdpg.org) after November 24, 2021.