



Official Contest Rules:

2019 Nutrition Month – Easy and Healthy Home Cooking Recipe Contest

In celebration of Nutrition Month, the Department of Health and Social Services' (DHSS) Indigenous Health and Community Wellness division is launching an easy and healthy home cooking recipe contest. Northerners are invited to submit their favourite, easy to prepare healthy recipes which use locally available ingredients.

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

- 1) **Sponsor.** The contest sponsor is the Indigenous Health and Community Wellness Division, Department of Health and Social Services, Government of the NWT.
- 2) **Eligibility.** The 2019 Nutrition Month's Easy and Healthy Home Cooking Recipe Contest is open to legal residents of the Northwest Territories at the beginning of the Contest Period who are 19 years of age or older, and who are not an employee of the Indigenous Health and Community Wellness Division of the Department of Health and Social Services, Government of the NWT. The Contest is void elsewhere.
- 3) **Contest Period.** The regional contest runs from February 22, 2019 at 12:01 am Mountain Time to March 17, 2019 at 11:59 pm Mountain Time ("Contest Period"). Winners of the regional recipe contest will be entered in a territorial-wide contest called the "People's Choice." Electronic voting for the "People's Choice" winner begins on March 20, 2019 and will remain open until March 31, 2019 at 11:59PM Mountain Time. The winner will be announced on April 2, 2019.
- 4) **How to Enter.** To enter the Contest, entrants must complete the Official Entry Form which can be found on www.hss.gov.nt.ca. Directions are provided. The form is provided by the Contest Sponsor and indicates the entrant's wish to enter the Contest, and contact information.
- 5) **Judging.** Following the conclusion of the Contest Period, the Contest Sponsor will select the winners based on the following criteria:
 - We are looking for healthy, easy to prepare recipes made from locally available ingredients.
 - Recipes using leftovers, prepared in a slow cooker or pressure cooker, freezer-friendly or made in a large batch will get bonus points.
 - An original photo of the entrant with the finished food needs to accompany your recipe (proof that you actually prepared your recipe).
- 6) Enter as often as you like. Entries will not be returned and will become the property of the Department of Health and Social Services, Government of the NWT.
- 7) The winners will be notified by email. Only the selected winners will be notified. If a selected winner cannot be contacted within one week of when their entry was selected, that winner forfeits their prize, and an alternative winner may be selected.
- 8) **Prizes.** The following prizes are available:
 - A grocery gift card (\$100 value) will be awarded to each of the 7 regional winners. The regions are:
 - *Beaufort Delta:* Sachs Harbour, Paulatuk, Tuktoyaktuk, Ulukhaktok, Inuvik, Fort McPherson, Tsiigehtchic, Aklavik

- *Deh Cho*: Fort Simpson, Fort Liard, Fort Providence, Jean Marie River, Wrigley, Sambaa K'e, Katlodeeche First Nation.
 - *Fort Smith*
 - *Hay River*: Hay River, Kakisa, Enterprise.
 - *Sahtu*: Norman Wells, Tulita, Deline, Fort Good Hope, Colville Lake.
 - *Tłı̨cho* : Behchoko, Cameti, Whati, Wekweeti
 - *Yellowknife*: Yellowknife, Dettah, N'dilo, Fort Resolution, Lutselk'e.
 - These winners will be automatically entered in the "People's Choice" contest.
 - One "People's Choice" prize (\$200 grocery gift card) will be given to entrant with the most audience votes. Recipes selected as finalists for the People's Choice Award will be posted on the Department of Health and Social Services website at www.hss.gov.nt.ca. NWT residents will be able to vote for their favourite recipe. Social media posts will also link to the contest.
 - Winning recipes will be posted on the Department of Health and Social Services website and the Government of the NWT's Corporate Facebook page. The odds of winning the prize depend on the number of eligible entries received.
- 9) **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.
- 10) **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.
- 11) **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, community 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.
- 12) **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.

- 13) **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.
- 14) **Miscellaneous.** This Contest is governed by the Laws of Northwest Territories, Canada.

Entry Information:

1. Contestants 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 are submitted by email using the Official Entry Form. Submissions may be in English or French.
2. Completed Official Entry Forms must accompany each recipe submission. All entries must be clearly labelled with recipe name, entrant's name, region, mailing address, email address, and telephone number.
3. No entries will be returned. All entries become the sole property of the Department of Health and Social Services.
4. Submissions must be received before 11:59PM Mountain Time on **March 17, 2019**.
5. Regional winners will be notified by email or telephone by March 20, 2019. A copy of these rules may be found at www.hss.gov.nt.ca.

How to enter:

1. Visit www.hss.gov.nt.ca to complete the online form, or print the form and submit through:
 - a. Mail : Territorial Nutritionist
Department of Health and Social Services, Government of NWT
Box 1320
Yellowknife, NT X1A 2L9
 - b. Fax: 867-873-3585
2. Email the form to healthpromotion@gov.nt.ca. Ensure that the email title includes "Healthy Recipe Contest 2019".

The personal information on the Official Entry Form is being collected for health promotion purposes in accordance with the *Access to Information and Protection of Privacy Act* (ATIPP). It is protected by the privacy provisions under ATIPP and will not be used or disclosed unless allowed or required by ATIPP or any other Act. If you have any questions, please contact the Manager, Health and Wellness Promotion at (867) 767-9064 ext. 49230.

These terms and conditions are adapted with permission from Eat Right Ontario and Dietitians of Canada.