

# West Virginia PTA Student Healthy Recipe Challenge



West Virginia PTA is looking for original, healthy recipes created by our students! This contest is open to all WV students in grades (kindergarten-12) in seven fun categories.

Students can enter one recipe in each category and winners will be recognized at the 2018 West Virginia PTA Convention. Entries may be included in a cookbook published by the West Virginia PTA!



**West Virginia**  
**PTA**<sup>®</sup>  
everychild.one voice.<sup>®</sup>

## Entry Period:

November 1, 2017  
through  
January 15, 2018

## Eligibility:

Open to all West  
Virginia students in  
grades K-12

## Age Divisions:

Primary (K-2)  
Intermediate (3-5)  
Middle School (6-8)  
High School (9-12)

## Recipe Categories:

Hearty Breakfast  
Nutritious Lunch  
Wholesome Dinner  
Nourishing Snacks & Appetizers  
Healthy Desserts  
Allergy Free  
Recipes Best  
Cooking Videos

Visit the West Virginia  
PTA website for more  
details on the contest,  
rules and requirements.

[www.westvirginiapta.org](http://www.westvirginiapta.org)

West Virginia PTA  
Student Healthy Recipe Challenge  
Student Entry Form

**GRADE DIVISION (Check One)**

- PRIMARY (Kindergarten - Grade 2)
- INTERMEDIATE (Grades 3-5)
- MIDDLE SCHOOL (Grades 6-8)
- HIGH SCHOOL (Grades 9-12)

**RECIPE CATEGORY (Check One)**

- Hearty Breakfast
- Nutritious Lunch
- Wholesome Dinner
- Nourishing Snack and Appetizers
- Healthy Desserts
- Allergy Safe Recipes
- Cooking Video

TITLE OF RECIPE (Required): \_\_\_\_\_

STUDENT'S FULL NAME: \_\_\_\_\_

SCHOOL: \_\_\_\_\_ GRADE: \_\_\_\_\_ AGE: \_\_\_\_\_ M/F: \_\_\_\_\_

MAILING ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PARENT/GUARDIAN NAME(S): \_\_\_\_\_

PARENT/GUARDIAN PHONE: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

Ownership in any submission shall remain the property of the entrant, but entry into this program constitutes entrant's irrevocable permission and consent that PTA may display, copy, reproduce, enhance, print, sublicense, publish, distribute and create derivative works for PTA purposes. PTA is not responsible for lost or damaged entries. Submission of entry into the West Virginia PTA Student Healthy Recipe Challenge constitutes acceptance of all rules and conditions.

\_\_\_\_\_  
Signature of student

\_\_\_\_\_  
Date

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Signature of parent/legal guardian (necessary if child is under 18 years)

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Date





## **"The West Virginia PTA Student Healthy Recipe Challenge" Official Rules**

By entering the "West Virginia PTA Student Healthy Recipe Challenge" (the "Contest"), entrants accept and agree to be bound by these Official Rules. Any violation of these rules could, at West Virginia PTA's discretion, result in disqualification. All decisions of the judges regarding this promotion are final and binding in all respects.

**ENTRY PERIOD.** Entries will be accepted November 1, 2017 through January 15, 2018. Online entries must be received by midnight, January 15, 2018. Mail in entries must be postmarked by January 10, 2018 and received no later than five (5) days later to: West Virginia PTA, Attn: Recipe Challenge, PO Box 3557, Parkersburg, WV 26103.

**ELIGIBILITY.** The "Contest" is only open to students in grades K-12 that are students in the state of West Virginia. All entries should be original recipes created by the student. No joint entries will be accepted.

**CATEGORIES:** Hearty Breakfast, Nutritious Lunch, Wholesome Dinner, Nourishing Snack and Appetizers, Healthy Desserts, Allergy Safe Recipes, and Best Cooking Video. All recipes should be healthy in nature and use ingredients that promote nutritious entries. In the Allergy Safe Recipe category, entries should respect restrictions to common allergies such as lactose, gluten, nut, etc.

**DIVISIONS:** Primary (Kindergarten to Grade 2), Intermediate (Grades 3 through 5), Middle School (Grades 6 through 8), and High School (Grades 9 through 12).

**HOW TO ENTER.** 1) Visit [www.westvirginiapta.org](http://www.westvirginiapta.org) and follow the instructions to complete and submit the online entry form online or 2) print out from the website or otherwise obtain a paper version of the official entry form, and mail to: West Virginia PTA, Attn: Healthy Recipe Challenge, PO Box 3557, Parkersburg, WV 26103.

***Online submissions:*** When filling out the online entry form, all entries must include: (a) the title of the original recipe; (b) selection of category; (c) selection of division; (d) student's name, address and contact information; (e) ingredient list with ingredients in exact measurements in order of use; (f) step-by-step preparation instructions, including cooking times, (g) the number of servings the recipe will make; and (h) a photograph of the completed dish. All text, photographs, images, and other content and materials submitted by entrants, including without limitation, the items described in subsections (a) - (h) above, shall be referred to hereafter as the "Submission".

***Mail in submissions:*** Submissions must include both the online entry form and parental consent form and include the following: (a) the title of the original recipe; (b) selection of category; (c) selection of division; (d) student's name, address and contact information; (e) ingredient list with ingredients in exact measurements in order of use; (f) step-by-step preparation instructions, including cooking times, (g) the number of servings the recipe will make; and (h) a photograph of the completed dish. All text, photographs, images, and other content and materials submitted by entrants, including without limitation, the items described in subsections (a) - (h) above, shall be referred to hereafter as the "Submission". All mail in entries must include the student entry form signed by the student and parent/guardian or such entry will not be accepted for entry in the contest. One student entry form per recipe submission is required.

***Video submissions:*** All videos submitted in the "Best Cooking Video" category must be uploaded to YouTube and must meet YouTube requirements for submission. The title of the video should be the "Title of Recipe". When submitting to West Virginia PTA, include the direct link in either the online submission or the mail-in submission form. If the direct link does not work or does not open properly, then the submission will be disqualified. All video submissions cannot exceed 10 minutes in length. If you are mailing in a video submission, a student entry form is required for each recipe entry.

**ADDITIONAL RULES:** Do not include your child or any other people in the photographs submitted. Entrants represent and warrant that their submission is the original work of such entrant, it has not been copied from others, and it does not violate the rights of any other person or entity. Entrants are limited to one recipe, per category in their respective division. For example, a student may have one entry in the breakfast category, one entry in lunch, one entry in snacks, etc.

**WINNER SELECTION AND NOTIFICATION.** There will be two rounds of judging. A panel of judges will conduct the preliminary round, and will select semi-finalists based upon the judging requirements below. A second round of judging will be completed to prepare the recipes per entrants' instructions, for tasting and final judging. Entries will be judged only against the other entries submitted in their category.

In the initial round, judges will review and score all submissions based on the following criteria: 50% healthy nutritional value of the recipe; 25% perceived taste; 25% creativity and originality. The highest scores in the initial round will move on to the finalist round and will be prepared in a test kitchen according to the instructions of the finalists' Submissions. The panel of judges will then judge finalists' submissions based on the same criteria set forth above, but now taking into account the results of the recipe test preparation. One entry in each category and division with the highest overall score will be declared the winner. Second and Third place awards will also be awarded based upon judges' selection. In the event of a tie, the entry with the higher score in the nutrition criteria will prevail. In the event that an insufficient number of eligible entries meeting a minimum threshold of quality are received in a particular category, the West Virginia PTA reserves the right to declare no winner in such category. All winners will be notified by mail, email and/or telephone. In the video submission category, one overall best cooking video will be selected as the winner and it will be featured on the West Virginia PTA website. Winners will be announced no later than March 1, 2018.

**OWNERSHIP AND LICENSE.** All entry materials become the property of the West Virginia PTA and will not be acknowledged or returned. The copyright in any Submission shall remain the property of the entrant, but entry into this Contest constitutes entrant's irrevocable and perpetual permission and consent, without further compensation, with or without attribution, to use, reproduce, print, publish, transmit, distribute, perform, or display such Submission, and the entrant's name and/or likeness, for any purpose, including but not limited to the creation of a published cookbook that includes recipes and other materials submitted by entrants along with additional promotional material as determined by the West Virginia PTA.

**CONSENT AND RELEASE.** Entry into the Contest constitutes the consent of each entrant, without further compensation, to use his/her name, school, and recipe for any purpose related to the Contest, including but not limited to the creation of a cookbook that includes recipes and other materials submitted by entrants along with additional promotional materials authorized by the West Virginia PTA.

**DISCLAIMERS.** The West Virginia PTA is not responsible for entries that are lost, late, misdirected, incorrect, or incompletely received, for any reason, including by reason of hardware, software, browser, or network failure, malfunction, congestion, or incompatibility at Sponsor's servers or elsewhere.

**WINNER LIST.** All winners will be publicly announced in the West Virginia PTA bulletin and/or website ([www.westvirginiapta.org](http://www.westvirginiapta.org)) following the awards program held at the West Virginia PTA convention in April 2018.

**PARTICIPATING ENTITIES.** This Contest is administered by the West Virginia PTA, P.O. Box 3557, Parkersburg, WV 26103.