



## National Nutrition Month Recipe Contest

### Contest Criteria

- Recipes should showcase plant-based side dishes
- Recipe must be original and must not have been previously published
- Please submit recipes in a Word document using the submission form provided
- Include the name of the recipe, the ingredients, exact U.S. measurements, preparation instructions, and approximate number of servings
- Include a photo of the recipe showcasing the final product; a simple smartphone or similar photo is fine
- Only one recipe entry per person. Multiple entries from the same person will not be considered.
- Email submission form entries to [ARozzo@FLCancer.com](mailto:ARozzo@FLCancer.com)

The contest is open from March 1, 2023 through March 31, 2023. Entries will be judged by the Florida Cancer Specialists & Research Institute team of Registered Dietitians on the following criteria:

- Use of plant-based ingredients
- Taste/texture/overall flavor
- Visual appeal
- Recipe creativity
- Overall appeal of recipe

One winner will be selected and announced on April 18, 2023. The winning entry will be announced during FCS's April Virtual Teaching Kitchen, and the recipe will be highlighted on FCS's social media and will be the featured recipe for June's Virtual Teaching Kitchen.

- Eligibility: Recipe contest open to all FCS patients and the community. Employees are also eligible unless a member of the Nutrition team
- No purchase necessary to enter



**Email submission form entries to [ARozzo@FLCancer.com](mailto:ARozzo@FLCancer.com)**