



## 2023 Recipe Submission

### Basic Information

***Please submit your recipe by November 30, 11:59 PM.***

**Are you ready to submit? A complete submission includes:**

- 1) recipe and instructions**
- 2) photo of dish and photo of chef/culinary team**
- 3) Description of how you promoted the item with 2 photos or samples of promotional materials.**

**Don't have everything ready but want to get started? No problem! You can return to the entry form from the same computer any time before December 1 from the same IP address.**

**The recipe contest submission form consists of 3 sections: basic information (5 questions), recipe submission (7 questions), and promotion (3 questions). Winning the contest is contingent on a complete submission and detailed responses will factor into your scoring.**

**The submission form saves at the end of each page. Be sure to click "save and continue" to save your work and advance to the next page. You may save, exit, and complete the form in a later session as long it is from the same IP address.**

**Thank you for your submission and good luck!**

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***NO PURCHASE NECESSARY; void where prohibited. U.S. residents only, 18+ years old, who work for or in a health care institution. Ends 11/30/20. This is not a game of chance; winners selected based on judging criteria. [Official Rules for additional details here.](#) Sponsor: Health Care Without Harm U.S., 12355 Sunrise Valley Drive, Suite 680, Reston, VA 20191.***

\* 1. Respondent information

<b>Name</b>	<input type="text"/>
<b>Facility</b>	<input type="text"/>
<b>City/Town</b>	<input type="text"/>
<b>State/Province</b>	<input type="text"/>
<b>ZIP/Postal Code</b>	<input type="text"/>
<b>Email Address</b>	<input type="text"/>
<b>Phone Number</b>	<input type="text"/>

2. System (if applicable)

3. Chef or recipe creator (if different than respondent)

<b>Name</b>	<input type="text"/>
<b>Email Address</b>	<input type="text"/>

4. Chef biography (optional)

5. Twitter, Facebook and other social media handles (optional)



## 2023 Recipe Submission

Submit your recipe

**Please upload files for your recipe, scaled for small batch (4-8 servings) and production scale purposes (at least 20 servings).**

**Recipes should include ingredients and measurements; detailed step by step instructions for preparation, cooking and serving; equipment and specific serving utensils (pan size, number of pans, weight or measure of pan); portion size for single serving; and recipe yield.**

\* 6. Recipe name

\* 7. Recipe cost per serving for production scale (at least 20 servings)

\* 8. Recipe Narrative (500 words or less)

The recipe narrative gets at the “heart and soul” of your recipe, and is an opportunity to explain why it is meaningful to you, the community you serve, and/or your facility. The narrative might also describe your creative experience in putting flavors and textures together to create something delicious. These [questions](#) can be used to guide your narrative but each question does not need to be addressed. A good narrative tells a compelling story about your recipe. It gives the judges a sense of your creative process and what inspired you to create the dish. We love to see recipes that highlight the local community, that help eaters make a transition to new foods, and that utilize locally and sustainably produced ingredients. Refer to the guiding questions above.

\* 9. Upload complete small batch recipe of 4-8 servings (contains all recipe components above). Document can be in DOC, DOCX, PDF, JPG, JPEG format.

Choose File

Choose File

No file chosen

\* 10. Upload production scale recipe, at least 20 servings (contains all recipe components above). Document can be in DOC, DOCX, PDF, JPG, JPEG format. Upload file

Choose File

Choose File

No file chosen

11. Submit photo 1. Photo of entry. (high-resolution and an original photo taken during the course of the contest)

Check out these [pro tips](#) on taking mouth-watering food photos.

Choose File

Choose File

No file chosen

12. Submit photo 2. Photo of entry with chef and/or culinary team (high-resolution and an original photo taken during the course of the contest).

Choose File

Choose File

No file chosen

13. Submit photo 3 (optional)

Choose File

Choose File

No file chosen

14. Submit photo 4 (optional)

Choose File

Choose File

No file chosen

15. Submit photo 5 (optional)

Choose File

Choose File

No file chosen



## 2023 Recipe Submission

### Promotion

**Encourage diners to try your creation by promoting it through an event, tasting, demonstration, internal communication such as a newsletter or screen image, social media or another promotion. Research shows that plant-forward dishes sell better if they are marketed smartly. Names and menu descriptions should focus on flavor and cravability so at the point of sale diners feel like they are choosing something that will be tasty and satisfying. However, health care can also be great messengers about the health and environmental benefits of plant-forward. Infographics and simple messaging in dining areas, on screens, or other areas of the hospital can tell an eater about how the tasty item they just chose also reduces their climate impact. Check out our [new guide on naming and marketing your recipe for tips](#).**

\* 16. Describe how you promoted your plant-forward creation (500 words or less).

17. Upload photo 1 of promotional activity or other documentation of promotion such as a poster or other media.

Choose File

Choose File

No file chosen

18. Upload photo 2 of promotional activity or other documentation of promotion such as a poster or other media.

Choose File

Choose File

No file chosen



## 2023 Recipe Submission

### \* 19. Sharing terms and conditions

- I understand that our stories, photos, quotes, etc. may be featured in part or in full on the Health Care Without Harm and Practice Greenhealth websites, in blogs, on social media and in other promotional materials associated with the Health Care Culinary Contest. Credit will be given to contributors.