





## **Recipe Categories**

- Low sodium breakfast (Hypertensive Friendly)
- School Snack (Child-Friendly)
- Whole Meal Salad (Obesity Friendly)
- No-Bake dessert (Stove Top, Frozen, Dried etc.)
- Sugar-free dessert (Diabetes Friendly)
- Sugar-free Smoothie (Diabetes Friendly)
- Vegan meal – lunch or dinner (Heart Friendly)
- Gluten Free meal – lunch or dinner (Allergy Friendly)
- Low budget whole meal – lunch or dinner

## **RULES AND REGULATIONS FOR RECIPES (taken from Healthy Recipe Competition)**

1. The Competition is open to groups, individuals, students, and persons 7 years and older
2. Recipes should be original.
3. All ingredients must be available locally.
4. Recipe measurements and directions should be clearly stated.
5. More than one entry per person permissible.
6. Sugar-free means no sweetener should be added inclusive of artificial or natural sweeteners, honey, maple syrup, agave and cane juice. Only the natural sweetness from fresh or dried fruits and vegetables are permitted.
7. Ingredients for low budget meals should cost under EC \$30.00 when totaled (this includes attaching a cost to items grown at home).
8. All finalists will be responsible for providing ingredients and will be responsible for preparing the finished dish at a Cook-Off on July 15, 2017
9. One or more of these key ingredients or (their product) should be featured in one or more of the submitted dishes. The key ingredients are:
  - At least one locally grown fruit
  - At least one locally grown vegetable (e.g. pumpkin, cucumber etc.)
  - At least one provision (e.g. yam, sweet potato, plantain etc.)
  - At least one legume (e.g. dried peas, seed, nuts etc.)
  - At least one whole grain (e.g. brown rice/rice flour, corn/cornmeal, oats/oat flour, wheat germ/wheat flour, bulgur, rye etc.)

10. Only liquid oils or emulsions (e.g. Vegenaïse, Mayonnaïse, Garlic Sauce, etc.) which are free of trans fat and of partially hydrogenated oils should be used in the development of the recipes.
11. Envelopes with completed forms are to be labeled The Great Cook-Off Recipe Competition 2017 and submitted to the Medical Benefits Scheme main office at Nevis Street, St. John's, Antigua no later than Friday, June 30, 2017. For further information please call 481- 6310/52/61 or 6413.

### **Judging Criteria**

1. Inclusion of locally grown and available produce
2. Healthy ratings and disease friendliness
3. Points for inclusion of each Food Groups
4. Presentation and taste

### **Finalists**

All finalists will be contacted by **July 3, 2017**, in preparation for The Great cook off presentation on **Saturday 15 July** at the 39ers Square.