



2019 Recipe Submission

Basic Information

The recipe contest submission form consists of 3 sections: basic information (5 questions), recipe submission (with slots to include details for up to 14 ingredients and file upload opportunities), and the post-contest survey (6 questions). Many of the questions are optional, however, we encourage you to provide detailed answers. 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.

Thank you for your submission and good luck!

NO PURCHASE NECESSARY; void where prohibited. U.S. residents only, 18+ years old, who work for or in a health care institution. Ends 11/30/19. 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

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

2. System (if applicable)

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

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

4. Chef biography

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



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Submit your recipe

Please upload files for your recipe, scaled for small batch (4-8 servings) and production scale purposes (at least 20 servings), OR you may enter one version in text form and upload the other version.

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.

Nutrition portfolio may be uploaded or entered below.

6. Recipe name

7. 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

No file chosen

8. 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

No file chosen

9. Ingredients and measurements. *Enter text*

10. Instructions. Detailed step-by-step method for preparation, cooking and serving. *Enter text*

11. Equipment and specific serving utensil(s) (Pan size, number of pans, weight or measure in a pan, etc.)
Enter text

12. Portion sizes(s) for single serving. *Enter text*

13. Recipe yield (number of servings). *Enter text*

14. Nutrition portfolio (per serving), including, at a minimum, the following: calories, protein, fat, carbohydrates, cholesterol, sodium, and potassium. *Enter text*

15. Upload nutrition portfolio (per serving) including at minimum: calories, protein, fat, carbohydrates, cholesterol, sodium, and potassium. *Upload file*

Choose File

No file chosen

16. Did you offer samples of the dish?

Yes

No

Please describe sampling effort and feedback you received.

17. Tell us the story behind your recipe. Is it a customer favorite? Rooted in family or community traditions? A new plant-forward take on a classic dish? Share the background on how the dish responds to customer preferences, your food service objectives, and celebrates the plant-forward theme.



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Sourcing details

Menus of Change describes plant-forward as “a style of cooking and eating that emphasizes and celebrates, but is not limited to plant-based foods.” Under this theme, recipes should highlight delicious opportunities for healthy, sustainable eating, with an emphasis on plant ingredients. Recipes will be evaluated based on these ingredient categories:

- **Fruits and vegetables:** Points for up to three ingredients, with additional points awarded for products that are verified sustainable and local
- **Whole grains** (e.g. oats, barely, quinoa, brown, wild rice): Point for one type of this ingredient, with additional point awarded for verified sustainable items.
- **Legumes** (e.g. beans, peas, lentils) and whole soy products (e.g. edamame, tofu, tempeh): Points for one type of this ingredient, with additional point awarded for verified sustainable items
- **Certified organic dairy products** (e.g. cheese, yogurt): Points for up to two products.
- **Eggs:** Point for use of verified sustainable product, with additional point awarded for product that is verified sustainable and local

With the emphasis on plant-forward, recipes that incorporate meat should include no more than 1.5 oz per serving. If you choose to use seafood, it should be a wild-sourced variety.

Please indicate the name each of ingredient, label claims or certifications, brand or local source name (to verify certifications). Local is defined as within 250 miles of facility. For processed foods with multiple ingredients, only products with the majority of ingredients (>50% by weight) grown or raised and processed within the 250-mile radius may be considered local.

18. Ingredient #1 (description, claims/certifications, local sourcing, farm or brand name)

19. Ingredient #2 (description, claims/certifications, local sourcing, farm or brand name)

20. Ingredient #3 (description, claims/certifications, local sourcing, farm or brand name)

21. Ingredient #4 (description, claims/certifications, local sourcing, farm or brand name)

22. Ingredient #5 (description, claims/certifications, local sourcing, farm or brand name)

23. Ingredient #6 (description, claims/certifications, local sourcing, farm or brand name)

24. Ingredient #7 (description, claims/certifications, local sourcing, farm or brand name)

25. Ingredient #8 (description, claims/certifications, local sourcing, farm or brand name)

26. Ingredient #9 (description, claims/certifications, local sourcing, farm or brand name)

27. Ingredient #10 (description, claims/certifications, local sourcing, farm or brand name)

28. Ingredient #11 (description, claims/certifications, local sourcing, farm or brand name)

29. Ingredient #12 (description, claims/certifications, local sourcing, farm or brand name)

30. Ingredient #13 (description, claims/certifications, local sourcing, farm or brand name)

31. Ingredient #14 (description, claims/certifications, local sourcing, farm or brand name)



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Submit photo(s)

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

Original photo - At least one photo (more are encouraged). It must be high-resolution and an original photo taken during the course of the contest. Suggestions:

- **Photo of chef and the meal**
- **Photo of the meal**

Horizontally aligned photos are preferred and photos should be high resolution.

32. Submit photo 1

Choose File

No file chosen

33. Submit photo 2

Choose File

No file chosen

34. Submit photo 3

Choose File

No file chosen

35. Submit photo 4

Choose File

No file chosen

36. Submit photo 5

Choose File

No file chosen



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* 37. 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.



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Post-contest survey

38. What inspired you to participate in the 2019 Health Care Culinary Contest? Why did you choose the recipe you submitted?

39. What impact did participation in the contest have on your food service (menus, sales, customer appreciation, etc.)?

40. Please rate your interest in serving this recipe in the future?

- Very likely
- Possibly
- Not Likely

41. Would you participate in the contest again?

- Yes
- No
- Maybe

42. Do you have any additional feedback you would like to share?

43. Are you interested in joining a focus group and providing additional feedback on the culinary contest?

- Yes
- No