

## 2013 Food Fight for Foodies Recipe Contest and Cooking Competition

1. Contest is open to residents of Canada. Void where prohibited, taxed, or restricted by provincial or local law. No purchase necessary.
2. Recipes for the 2013 Food Fight for Foodies Recipe Contest and Cooking Competition must be original and specify NEOB Essential Oils and at least one or all of the following ingredients:
  - a. Lavender
  - b. Peppermint
  - c. Rosemary
  - d. Lemongrass
  - e. Orange
3. Contestants may enter 1 recipe, one entry per envelope or Internet transmission. Each entry must be typewritten or hand-printed legibly in recipe format. A photo of each entry should be included with the recipe submission. Recipe format lists ingredients in order of use with amount/quantity, followed by step-by-step method of preparation. Include a picture of the prepared dish with your entry. The photo does not have to be professionally done; it will serve as an aid in the initial review process. The contestant name, address and telephone number must be included with each recipe submission.
4. Recipes must be mailed, or transmitted via the Internet to Food Fight for Foodies Festival, c/o NEOB 758 Niagara Stone Road, Niagara on the Lake ON L0S 1J0, and postmarked no later than August 8, 2013. The Internet address is: [Melissa@neoblavender.com](mailto:Melissa@neoblavender.com); [aimee.events@neoblavender.com](mailto:aimee.events@neoblavender.com). By entering the contest, all participants consent to the commercial use of their name, picture, likeness and recipe for advertising and publicity purposes without further compensation.
5. Food professionals will consider qualifying entries. These food professionals select the 15 finalists. Notification and details of contest participation will be made to the 15 finalists prior to August 17, 2013.
6. Finalists will provide all ingredients necessary for their recipes as well as all required cooking utensils & dishes for presentation (stoves, sinks and refrigerators will be provided).
7. On Festival Date, contestants must prepare 150 separate plates, 3 for the judges and 147 to be used for presentation to the festival attendees all within a maximum of 4 hours. The servings are limited to a maximum serving size of ¼ cup, 4 Tbsp. or at the discretion of the contestant approved by contest moderator. Food preparation will be at the Niagara College lab, Niagara on the Lake campus from 7 AM to 11 PM.
8. On August 17, 2013, dishes prepared by the finalists will be judged by a panel of three judges. Selection of the three judges is at the sole discretion of the Food Fight for Foodies Committee. The decision of the judging panel is final and binding.
9. On stage participation during the festival is limited to the contestants and volunteer helpers provided by the Food Fight for Foodies Festival. Family and friends of the contestants are not permitted on-stage during the cooking competition.
10. Prizes at the Food Fight for Foodies Contest are offered only to those finalists who participate in the contest on August 17, 2013. The prizes are: \$250 for first place, KitchenAid™ portable appliance, a feature on Today Magazine; \$150 for second place KitchenAid™ portable appliance; and \$100 for third place, KitchenAid™ portable appliance; and KitchenAid™ portable appliance for the People's Choice Award. All taxes are the sole responsibility of the winners.
11. Each contestant is expected to make his or her own travel arrangements to Niagara-on-the-Lake, ON.

### **Short Version of Contest Rules**

Food Fight for Foodies encourages all food enthusiasts to submit their favourite recipes for a chance to win one of four amazing prizes! The contest is open to all legal residents of Canada.

The **Grand Prize** for Best Overall Recipe is: \$250, Winning Recipe will be featured at Today Magazine, KitchenAid portable appliance, NEOB gift basket

The **Second Prize** is: \$150, KitchenAid portable appliance

The **Third Prize** is: \$100, KitchenAid portable appliance

People's Choice Award: KitchenAid portable appliance

Participants may only submit one (1) recipe using NEOB Essential Oils and one or all of the following:

Lavender

Peppermint

Rosemary

Lemongrass

Orange

The entry deadline for the contest is **August 8, 2013**. There is no purchase necessary and entering the contest is very easy!

**Submit your entry via the entry form here**