FOOD & CULINARY PROFESSIONALS DPG & HASS AVOCADO BOARD
RECIPE CONTEST

NO PURCHASE NECESSARY TO ENTER OR WIN. Contest begins on Tuesday, September 1, 2020 at 8:00 a.m. Pacific and ends at 5 p.m. Pacific on October 9, 2020.

1. NO PURCHASE NECESSARY. Entrants must be 21 years of age or older to enter.

2. Open only to legal residents of the 50 United States or District of Columbia who are 21 years of age or older and who are current members of the Food and Culinary Professionals (FCP) dietetic practice group of the Academy of Nutrition and Dietetics, registered dietitians (RD), dietetic technicians registered (DTR). Employees, officers and directors of the Hass Avocado Board, and their parent and affiliate companies, subsidiaries, partners and advertising agencies (collectively, the “Released Entities”), and each of their respective immediate families (parents, children, siblings, spouse) or members of the same household (whether related or not) of such employees/officers/directors are not eligible to enter. You are not authorized to participate in the Contest if you are not located within the 50 United States or the District of Columbia.

3. You may enter the Recipe Contest by submitting the following by October 9, 2020, via email to fcp@quidnunc.net. The provided recipe template will be used. Guidelines for submitting a recipe/recipes include:
   – Include your name, address (including zip code), verification of age, daytime and evening telephone numbers, email address and Academy number
   – Your original recipe must include fresh avocado and be featured as a main ingredient rather than just a topping
   – Your original recipe must demonstrate a “healthy swap,” using fresh avocado in lieu of saturated fats and a short descriptive paragraph should describe the swap. Your original recipe using no more than ten (10) ingredients. Salt, pepper, spices and herbs and water do not count in the ingredient count. Ingredients should be readily available in supermarkets.
   – The preparation time must not exceed 30 minutes (not including marinating or cooking time).
   – Recipe must be original and must not have been previously published.
   – Recipe must be submitted on the contest recipe template.
   – You must also include the name of your recipe, the ingredients, exact U.S. measurements, required utensils, timing, special preparation instructions, approximate number of servings and any notable tips.
   – The category of your recipe – appetizer, main entrée (hot or cold), or side dish (hot or cold), breakfast, snack or dessert.
Recipe file names should use the following format: Last Name – Recipe Name.doc.

Recipes must be sent as an attached Word document (not in the body of an email).

All entries must be received by October 9, 2020 by 5 p.m. Pacific.

Recipes not meeting these criteria will be disqualified.

Include a simple photograph of your finished recipe (please compress the photo and then insert into the recipe template document). The photograph will not be used for judging purposes.

The Hass Avocado Board assumes no responsibility for lost, late, damaged, misdirected, illegible, incomplete entries.

Enter as often as you like, but each entry is limited to one (1) recipe and must be emailed separately.

No automated entry devices and/or programs permitted. Only fully completed entries are eligible. Proof of submission will not be deemed to be proof of receipt. Entrants fully and unconditionally agree to be bound by these Official Rules and the decisions of the Hass Avocado Board, which will be final and binding in all matters related to the Contest.

4. All entries, including recipes and any photographs, shall be the property of the Hass Avocado Board and will not be returned. Submission of entry grants the Hass Avocado Board and each of their affiliates, officers, directors, employees and agents the right to publish, use, adapt, edit and/or modify such entry in any way, in any and all media, without limitation as regards duration, frequency or territory, and without consideration (i.e., payment of a fee) to the entrant. Submission of an entry further constitutes the entrant’s irrevocable waiver of any moral rights and assignment and transfer to the Hass Avocado Board of any and all rights, title, and interest in and to the entry, including, without limitation, all copyrights and other intellectual property rights. Entries must be the original work of the entrant, may not have won previous awards, may not have been published previously, must not infringe third party rights, and must be suitable for publication (i.e., not obscene, illegal, inappropriate, inconsistent with the values of the Hass Avocado Board or indecent), as determined by the Hass Avocado Board in its sole discretion. Winners and entrants waive all rights and remedies at law or in equity for any claim they may have relating to this promotion.

5. Ten finalists will be selected by a judging panel appointed at the sole discretion of the Hass Avocado Board. Entries will be judged on the following criteria, weighted evenly: versatility, innovative use of a “healthy fat swap” with avocado, and adherence to entry criteria. The finalists will be selected on or about October 16, 2020. Finalist entries will be judged by FCP-selected judges on or about October 28, 2020, based on the following criteria, evenly weighted: innovative use of a “healthy fat swap” with avocado, taste/texture; availability of ingredients; ease of preparation; appearance; appeal to the
general public. Decisions of the judges regarding all aspects of the Contest and its administration are final.

6. Prizes: One Grand prize winner will be selected and, subject to satisfaction of eligibility requirements and signature of an affidavit of eligibility, publicity release and general release, will receive a $2,000.00 cash prize (via check). Two runners up, subject to satisfaction of eligibility requirements and signature of an affidavit of eligibility, publicity release and general release will receive a $500.00 cash prize (via check). Winners will be notified on or about November 6, 2020, and prizes will be awarded on or about November 20, 2020. All prizes will be awarded according to these rules. All taxes relating to the prizes will be the responsibility of the winners. Prizes are non-transferable. Any expenses that may be associated with receipt or use of prize that are not specifically listed herein are the responsibility of winners.

7. Finalists/winners will be notified by email. If applicable, winners must provide an accurate postal mailing address so that prize can be mailed to the recipient. Winners must provide positive identification specified by FCP to claim their prize and will be required to sign and return an affidavit of eligibility, publicity release and general release. Winners will be required to sign and return these documents within 10 days of notification or the prize will be forfeited and awarded to an alternate winner. If any winner cannot be contacted within five calendar days of first notification attempt, if any prize or prize notification is returned as undeliverable, if any winner fails to return his/her winner documents within the time set forth above or otherwise rejects his/her prize, or in the event of noncompliance with these Official Rules, winner will forfeit such prize and an alternate winner may be selected from all remaining eligible entries, time permitting. Upon prize forfeiture, no compensation will be given. Potential winners must continue to comply with these Official Rules, and winning is contingent upon fulfilling all requirements. Participation in Contest and acceptance of a prize constitutes the winners’ agreement to release, indemnify and hold harmless the Released Entities from and against any and all liability, for loss, harm, damage, injury, cost or expense whatsoever, including without limitation property damage, personal injury and/or death which may occur in connection with, preparation for, travel to, or participation in Contest Sweepstakes-related activity and for any claims based on copyright, trademark, publicity rights, defamation or invasion of privacy and merchandise delivery, including the Hass Avocado Board’s reliance upon their compliance with these rules, and their agreement that the Hass Avocado Board may use his or her name, voice, address (city and state), likeness, photograph, picture, portrait, statements and/or biographical data for advertising and promotional purposes in any and all media without additional compensation or restriction as to the frequency, territory or duration of such use, in any media, worldwide, except where prohibited by law.

8. In case of dispute as to the identity of any entrant, entry will be declared made by the authorized account holder of the e-mail address submitted at time of entry. “Authorized Account Holder” is defined as the natural person who is assigned an e-mail address by an Internet access provider, online service provider, or other organization (e.g.,
business, educational, institution, etc.) responsible for assigning e-mail addresses for the domain associated with the submitted e-mail address. Any potential winner may be requested to provide proof that such winner is the authorized account holder of the e-mail address associated with the winning entry. The Released Entities are not responsible for technical, hardware, software, network or other communications malfunctions, errors or failures of any kind, lost, interrupted or unavailable network connections, Website, Internet, or ISP availability, unauthorized human intervention, traffic congestion, or failed, incomplete, garbled, jumbled or delayed computer transmissions which may limit one’s ability to enter the Contest. Contest sponsor reserves the right, in its sole discretion, to cancel, terminate, modify, extend or suspend this Contest should (in its sole discretion) virus, bugs, non-authorized human intervention, fraud or other causes beyond its control corrupt or affect the administration, security, fairness or proper conduct of the Contest. In such case, winner(s) will be selected from all eligible participants prior to and/or after (if appropriate) the action taken. Entrants who do not comply with these Official Rules, or attempt to interfere with this Contest in any way shall be disqualified. Released Entities are not responsible for any typographical, display, input, or other error in any Contest materials, or for any errors or problems which may occur in connection with the administration of the Contest, the processing of entries, or in the announcement of prizes, including such error that may give an erroneous indication that a prize has been won. In no event will a greater number of prizes than stated in these Official Rules be awarded.

9. This contest is open only to residents of the United States, 21 years of age or older. The contest shall only be governed and construed in accordance with the laws of Illinois and all entrants irrevocably consent to the jurisdiction of the state and federal courts of Illinois over them for such purposes. This contest is void where prohibited. IN NO EVENT WILL THE RELEASED ENTITIES BE RESPONSIBLE OR LIABLE FOR ANY DAMAGES OR LOSSES OF ANY KIND, INCLUDING DIRECT, INDIRECT, INCIDENTAL, CONSEQUENTIAL OR PUNITIVE DAMAGES ARISING OUT OF YOUR ACCESS TO AND USE OF ANY CONTEST WEBSITE AND/OR THE CONTEST, DOWNLOADING FROM AND/OR PRINTING MATERIAL DOWNLOADED FROM ANY WEBSITES ASSOCIATED WITH THE CONTEST. WITHOUT LIMITING THE FOREGOING, THIS CONTEST AND ALL PRIZES ARE PROVIDED “AS IS” WITHOUT WARRANTY OF ANY KIND, EITHER EXPRESS OR IMPLIED, INCLUDING BUT NOT LIMITED TO, THE IMPLIED WARRANTIES OF MERCHANTABILITY, FITNESS FOR A PARTICULAR PURPOSE OR NON-INFRINGEMENT.

10. For the names of the winners, please check the FCP website (www.foodculinaryprofs.org) after November 9, 2020.