



**MEDICAL BENEFITS SCHEME
SMART DOLLAR PRIMARY & SECONDARY SCHOOLS
HEALTHY RECIPE COMPETITION 2014
RULES AND REGULATIONS**

RULES AND REGULATIONS FOR ENTRY:

1. All entrants must complete an entry form.
No entries will be accepted after **Friday, January 10, 2014.**
2. Finalists will be informed via telephone and or email.
3. Finalists will be required to bring the prepared recipe for final judging to the Medical Benefits Building on Nevis Street on **Thursday, January 23, 2014.**

RULES AND REGULATIONS FOR RECIPES:

1. Recipes should be original.
2. All ingredients must be available locally.
3. Recipe measurements and directions should be clearly stated.
4. More than one entry per person is permissible.
5. The dish must be presented by the person whose name was originally submitted on the recipe.
6. If the person is unable to be present for the judging, a letter should be written and sent by the principal of the school on or before the morning of the competition.
7. Each entrant should have on their apron, cap and appropriate apparel at the time of set-up and judging.
8. Hot foods, should be presented hot and cold foods be cold at the time of judging and sampling by the audience.

CONSIDERATIONS FROM JUDGES:

1. Creativity and originality.
2. Clarity of recipe instructions.
3. Ease and simplicity of directions.
4. Affordability of ingredients.
5. No more than \$30.00 should be spent for the ingredients in each recipe.
6. Finished dish should yield 4 – 6 Servings.
7. Proper sanitation standards at time of presentation to judges.
8. Combination and presentation of food groups.
9. The preferred use of local and natural ingredients (this excludes artificial colourings, additives and preservatives).
10. Recipes that are free of trans fats and MSG (monosodium glutamate).
11. Taste of prepared dish.
12. Presentation and service of prepared dish to judges.
13. Extra points for use of locally grown ingredients.

Envelopes with completed forms are to be labelled **MBS Smart Dollar Healthy Recipe Competition 2014** and submitted to the Medical Benefits Scheme main office at Nevis Street, St. John's, Antigua. For further information please call **481- 6326** or **481-6352** or **481- 6361** or email: dgraham@mbs.gov.ag & sbrowne@mbs.gov.ag