



Medical Benefits Scheme

Healthy Recipe Contest 2014

RULES AND REGULATIONS FOR ENTRY

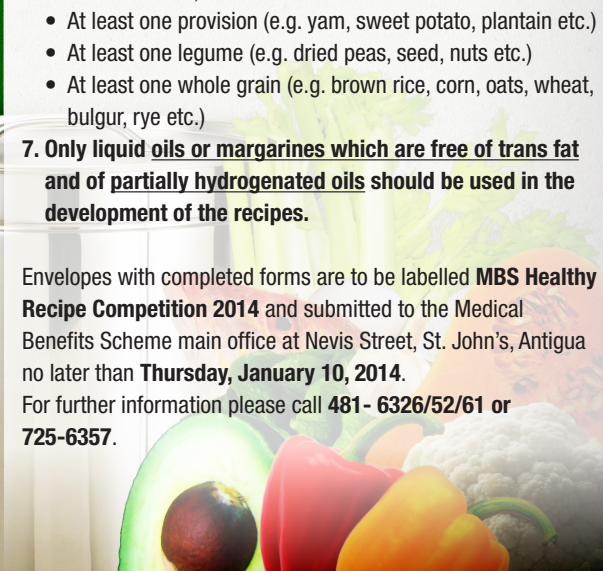
1. All entrants must complete an entry form.
2. No entries will be accepted after Thursday, January 10, 2014.
3. Finalists will be informed via telephone.
4. Finalists will be asked to email the selected recipes to the Prevention Unit.
5. Finalists will be required to bring the prepared recipe for judging to the **Medical Benefits Scheme's Healthcare and Conference Building on Nevis Street on Thursday, January 23, 2014.**

RULES AND REGULATIONS FOR RECIPES

1. All ingredients must be available locally.
2. Recipe measurements and directions should be clearly stated.
3. More than one entry per person is permissible.
4. Recipes should be original.
5. All finalists will be responsible for providing ingredients and will be responsible for preparing the finished dish to be brought to the venue for judging.
6. **One or more of these key ingredients should be featured in one or more of the submitted dishes. The key ingredients are:**
 - At least one locally available 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, corn, oats, wheat, bulgur, rye etc.)
7. **Only liquid oils or margarines which are free of trans fat and of partially hydrogenated oils should be used in the development of the recipes.**

Envelopes with completed forms are to be labelled **MBS Healthy Recipe Competition 2014** and submitted to the Medical Benefits Scheme main office at Nevis Street, St. John's, Antigua no later than **Thursday, January 10, 2014.**

For further information please call **481- 6326/52/61 or 725-6357.**





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