



Indigenous Cook-Off Official Contest Rules

Please read these rules to participate in NATIVE HEALTH's Indigenous Cook-Off.

1. Participants can be home cooks, chefs, or foodies and is open to any self-identified Native American residing in Maricopa County.
2. Participants will be given one Indigenous ingredient for each challenge. Participants will also be given a \$25.00 gift card to purchase additional ingredients for the weekly challenge.
3. The provided Indigenous ingredient must be the focus of the weekly challenge. Other ingredients can be used as well.
4. Judging will be based on creativity and use of the Indigenous ingredient. This includes looks, taste (guessing since it is virtual), nutrition, etc.
5. It is encouraged that participants will mention healthy eating and healthy habits during video.
6. Participants agree to submit a one minute video by noon on **Friday, November 13, 2020**. This video will be sent via WeTransfer.com to the NATIVE HEALTH Communications Department.
7. NATIVE HEALTH also asks for two still photos of dish and participant to be submitted along with the video. These photos will be used in NATIVE HEALTH publications and media. The photos need to be: 1. Chef cooking the dish, and 2. The dish by itself.
8. One team may include immediate family members residing in household. This group may participate in the video but each member must sign the Photo Release form below.
9. NO copyrighted music of any type. If music is used, the video will not be used.
10. Winner selection: once all videos are shown on NATIVE HEALTH Phoenix's Facebook page, individuals can vote as many times through the polling link. Only one vote will be accepted each polling time. The person with the most votes will win that week's challenge and receive a \$100.00 gift card. The person with the second most votes will win a \$50.00 gift card and the person with the third most votes will win a \$25.00 gift card. No substitution of prize allowed.
11. Participants agree to have their Indigenous Cook-Off video shown on NATIVE HEALTH's Facebook page and can be used on other NATIVE HEALTH media outlets.
12. Ask your friends and family to vote for you and your video.
13. NATIVE HEALTH reserves the right to not post any videos that are offensive or have inappropriate content, including copyrighted music.
14. Final decision is final and binding.

I give my permission to NATIVE HEALTH the right to use, publish, or share images of myself or my child in any media (e.g., photographs, digital images, video, audio, Internet internal materials, or other promotional materials) to be used solely for the purposes of carrying out the NATIVE HEALTH mission. I understand that using the image will be the property of NATIVE HEALTH. I also give permission for NATIVE HEALTH to share these images with other organizations, affiliations, or partnerships. I am providing these services to NATIVE HEALTH without financial compensation and will not make any claims against NATIVE HEALTH for compensation of these services.

Name: _____

Address: _____

City: _____ AZ Zip: _____

Phone: _____ Email: _____

Children(s) names appearing in videos and/or images

