

Republic of the Philippines
Department of Health
NATIONAL NUTRITION COUNCIL
MIMAROPA Region

2023 Nutrition Month Celebration

MECHANICS FOR AFFORDABLE HEALTHY DIET RECIPE MAKING CONTEST

Introduction

The theme for this year's Nutrition Month is **"Healthy Diet Gawing Affordable for All!"**. The Nutrition Month campaign aims to raise awareness on supporting Filipinos improve access to affordable healthy diets to reduce malnutrition, improve food security, health and quality of life.

The Affordable Healthy Diet Recipe Making Contest intends to spread awareness on the characteristics of a healthy and affordable diet. All interested Barangay Nutrition Scholar within the region may engage in this activity through submission of unique, creative, and affordable food recipes.

1. Who can join

- a. The competition is open to all:
 - Barangay nutrition scholars currently deployed in MIMAROPA Region

2. How to join the contest

- a. P/CNAOs and D/CNPCs may facilitate and guide interested participants upon the submission of entries. Participants should email the following registration documents at email address nncmimaropa@gmail.com not later than **14 July 2022 (Friday)** for consolidation:
 - i. Word File of Accomplished Registration Form and Accomplished Entry Form (Attachment 1)
 - ii. Scanned copy of valid ID or any legal document of the BNS
 - iii. Screenshot from participants as proof of liking NNC MIMAROPA Facebook Page (<https://www.facebook.com/NNCMiMaRoPaRegion/>)
- b. Strictly one entry per participant only.
- c. All entries will be transferred to the prepared template by NNC MIMAROPA for uniformity.
- d. Once finalized, all entries shall be posted at the **National Nutrition Council MIMAROPA Region Official Facebook Page from 17-26 July 2023, 2:00 PM** with hashtags **#2023NutritionMonth**, **#AffordableHealthyDietRecipeContest**, **#AffordableDiet**, and **#HealthyDiet** to initiate the Facebook liking contest.

3. What to capture in the recipe

- a. The participants should be able to come up with an affordable healthy diet recipe that are based on a great variety of unprocessed or minimally processed foods, balanced across food group.. Multiple participants may join per LGU but only one (1) entry per participant is allowed.
- b. The food recipe should be adequate (i.e. reaching but not exceeding needs) in energy and nutrients for growth and development, and to meet the needs for an active and healthy life across the lifecycle.
- c. The recipe should be made from locally-produced ingredients and is cost-effective.
- d. The recipe can inspired from another recipe but better if originally developed.
- e. The recipe should be consists of the following:
 - a. Catchy and appealing recipe name – *can be in English or Tagalog*
 - b. Specific measurements of ingredients (in Tagalog) – *preferably in spoons and cups*
 - c. Brief yet detailed cooking instructions (in Tagalog)
 - d. Yield of servings that can be produced in one (1) recipe – *preferably in pieces or cups*
 - e. Actual and clear photo of the finish product in landscape mode

4. Judging

- a. Each entry will be rated on how well the recipe carries a message clearly tied to the theme, uniqueness, food preparation and food palatability.

Criteria	Description		Percentage
Uniqueness	How the recipe was developed or improved using diverse locally produced ingredients		30%
Food Preparation	Difficulty level in preparing the recipe in terms of cooking method and food availability		20%
Creativity	Palatability of finished product and how it is presented		20%
Public impact	Appreciation of citizen in social media through likes and shares	Likes	20%
		Shares	10%
TOTAL			100%

5. The board of judges coming from DSWD MIMAROPA, DA MIMAROPA and DEPED MIMAROPA will determine the scores for the first three (3) criteria while the netizens for the public acceptance. The NNC Secretariat in close coordination with the member of the board of judges will do the final tally and deliberations on 28 July 2023 (AM Session). Once winners are declared, it will be final and irrevocable.
6. Violent actions or any form of plagiarism in both recipe and photo are ground for immediate disqualifications.
7. Participant who violates any of the above-stated rules shall be automatically disqualified from the competition.

6. Timetable

14 – 30 June 2023	Provinces/Cities to disseminate the information to the target audience
1 – 14 July 2023	Submission of accomplished registration form of participants together with scanned documents and entry form (recipe)
17 – 26 July 2023 (2:00 PM)	Posting of recipes in NNC MIMAROPA Facebook Page for liking contest
28 July 2023 (AM)	Final Tally and Deliberations with Inter-agency
2 August 2023	Announcement of Winners (Culminating Activity)

7. Awarding of prizes

1. Prizes will be awarded for entries with the highest scores:

1 st Prize	P3,500.00 cash incentive
2 nd Prize	P2,500.00 cash incentive
3 rd Prize	P1,500.00 cash incentive
<i>Consolation prize of P800.00 cash incentive shall be given to four (4) electronically drawn non-winners.</i>	
<i>All participating contestants shall Certificate of Participation.</i>	

2. Select inter-agency representatives together with NNC MIMAROPA will facilitate final deliberations. Official winners will be announced during the Nutrition Month Culminating Activity at **NNC MIMAROPA Facebook page** on **2 August 2023 (Wednesday)**.

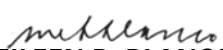
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