



Republika ng Pilipinas
KAGAWARAN NG KALUSUGAN
PAMBANSANG SANGGUNIAN SA NUTRISYON
(NATIONAL NUTRITION COUNCIL)
NATIONAL CAPITAL REGION



2021 NUTRITION MONTH CELEBRATION
"Malnutrisyon patuloy na labanan, First 1000 Days tutukan!"

Healthy UOTD Cooking Contest
"Share your Healthy Ulam of the Day Recipe"

Contest Mechanics

1. The contest is open to all Barangay Nutrition Scholars (BNSs) in NCR. Multiple participants may join per LGU. Only one (1) entry per participant is allowed.
2. Interested participants should do the following to be eligible to join the contest:
 - a. Like the NNC-NCR Facebook page
 - b. Like and share the smc post of this contest
 - c. Tag five (5) of their friends by commenting on the comment box
3. Official entries must be submitted on or before 10 July 2021 (Saturday), not later than 4:00 p.m. through email at ncr@nnc.gov.ph with the email subject as "CookingContest_SURNAME_LGU"
4. An official entry must contain the following:
 - a. Video recording while cooking a nutritious and low-cost complete dish
 - High resolution video with clear and audible audio
 - Must be in a popularly supported video format (.mp4, .avi, .wmv, .mov)
 - Playing time should be limited to 3-5 minutes
 - Video must be taken during the contest period (July 1-10)
 - Video must not be uploaded on any social media platform
 - Execution is up to the participant; may use photos, animations, monologues, background music, etc.
 - If the file is too big, the video may be uploaded via cloud-based platforms such as drive.google.com or wetransfer.com; include the link of the video in the body of the email
 - Include title of the recipe
 - Should not promote/contain any malicious, violent, and any similar content (both video and audio) that are is against the law and moral norms of the Philippines
 - Should provide acknowledgment in the credits, e.g. "editing by, music by"

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- b. The healthy *ulam* recipe:
 - should be good for a family of five (5)
 - within the limited budget of P200.00
 - use practical and acceptable cooking methods
 - unnecessary ingredients should be avoided (artificial flavorings and the like)
5. In the body of the email, include the following information:
 - a. Name of Participant
 - b. Title of Recipe
 - c. Barangay and City/Municipality
 - d. Contact Number
6. Each participant must attach in the email the following:
 - a. Video recording that conforms with the description in Number 4 of this mechanics
 - b. Accomplished official entry form
 - c. Recipe (title, list of ingredients, procedure, and cost)
7. All entries shall become the property of NNC-NCR. The contestants will allow NNC-NCR to use the videos for promotional purposes provided that the creators are acknowledged.
8. The entries will be posted to the NNC -NCR Facebook page from July 12-16, 2021.
9. The judging of entries will be on July 19, 2021. A panel of three (3) judges shall determine the winners. Judging shall be based on the following contest criteria:

Use of nutritious ingredients	40%
Originality	15%
Aesthetic appeal	15%
Cost and Ease of preparation	20%
Audience Engagement (Facebook reactions)	10%
Total	100%

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10. There will be three (3) winners in the contest who will each receive a trophy and cash award.
 - First place - Php 7,000
 - Second place - Php 5,000
 - Third place – Php 3,000
 - 7 Consolation prizes worth P1,000

11. Winning entries will be featured on the NNC-NCR Facebook page and will be invited to attend during the Regional Nutrition Month Culminating Activity in August 2021. Cash prizes and trophies will be delivered to the winners on a date to be announced. Participants will also be given Certificates of Participation.