



# Nutrition Month™ Recipe Contest

## *Celebrating Our Food Heritage*

This year, Dietitians of Canada's Nutrition Month™ is all about building a healthier tomorrow, where everyone feels welcome and represented at the table. Nourish wants to create a space where the many rich and vibrant food traditions across this province are celebrated.

**Share a favourite recipe  
honouring your food heritage!**

**Submissions due by Thursday March 31st, 2022**

**By Google form:** [Click here](#)

**By email:** [trina.elliott@nourishns.ca](mailto:trina.elliott@nourishns.ca)

### Contest Details:

- Open to all Nova Scotians. One entry per person.
- Each submission must include a written recipe (ingredients and instructions).
- Submissions may also include an original depiction of the recipe in their chosen medium (videography, photography, drawing etc).
- **Each valid entry will have a chance to win a custom local food prize valued at \$50!**