



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

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 \$100!**