



CONTEST "A MENU FOR THE MEDITERRANEAN DIET"

REGULATIONS

1. Who can participate?

The contest is open to all Food Bloggers, from Italy or from another countries, demonstrating to own a currently online Blog and able to transmit their menu proposal in English or French:

2. How to participate

Filling in and signing a Registration form and sending it by email to RECOMED Secretariat.

The Registration form will have to contain the following:

- name, surname, home town and country of the participant
- Name and address of the website/blog of the recipes creator
- The menu made by 3 recipes and a short description of each course (including ingredients and cooking techniques)
- Illustration of each one of the 3 recipes
- Pictures of the cooked dishes

The food blogger should propose a menu made by **3 recipes** to reinterpret in an original manner **to create a "Mediterranean style" convivial meal:**

FIRST RECIPE: Appetizer or first course including vegetables among ingredients;

SECOND RECIPE: second or main course;

THIRD RECIPE: dessert based on fruit.

Furthermore, the suggestion of ideal oils and beverages to match with each dish is warmly welcomed.

Recipes will be inspired from the principles and values belonging to the Mediterranean Diet, recognized Unesco Intangible Cultural Heritage and will be realized with the ingredients composing the Mediterranean diet food pyramid created by Ancel Keys and extra virgin olive oil coming from at least one of RECOMED countries:

1. ALBANIA
2. CROATIA
3. GREECE
4. ITALY
5. LEBANON
6. MOROCCO
7. MONTENEGRO
8. PORTUGAL
9. SLOVENIA
10. SPAIN
11. TUNISIA
12. TURKEY

The food blogger will receive confirmation of his/her registration to the contest via email and he/she will receive the banner of the contest to publish on his/her blog page, together with the link to ReCOMed website page devoted to the Contest.

The participating menu, made by the 3 recipes, should also be published on the website/blog of the author after the deadline of the Contest call. **To confirm publication of the menu the author has to send the published post link to RECOMED Secretariat.** The post published on the author's Blog will contain the reference to ReCOMed contest in order to be recognizable.

3. Contest and Panel of Judges

The competing menus will be valued by an panel of international technical experts who, with the sum of their votes expressed in numbers, will select the winner menu. The vote of each international member will take place through a ballot containing the assigned points for each of the following criteria:

- 1) Originality and novelty of the recipe
- 2) accuracy and completeness in the description of recipes
- 3) quality and esthetic care of recipes pictures
- 4) trade-off and suitability of the menu in its overall to the MD principles
- 5) description of the inspiring principles and philosophy of the presented menu

The winner will be invited to an event to be held in one of RECOMED's member countries (accommodation and travel expenses from their home country covered). During the event, they will have the opportunity to cook the winning menu in a cooking demonstration open to the public. Once the whole process is completed, the dish that is most appreciated, according to the judges and the public, will be declared "Mediterranean Dish of the Year".

The participant, by registering and sending the documents provided for in Article 3 of this Regulation, authorizes the RECOMED Secretariat, Network organizing the Contest, to use the images and recipes received, thus releasing RECOMED from any responsibility for the use of these documents.

The food bloggers, as creators of the original recipes, will retain all intellectual property rights anyway.
and any use by ReCOMed will be secured by the copyright of the author.

Participants, by registering for the contest, accept the conditions provided by these regulations and authorize the collection and processing of their personal data, in accordance with european laws.