


Kedves dietetikusok és dietetikus hallgatók!

Szeretnénk megosztani veletek az EFAD, PROMISS és az ENDietS közös felhívását, melyben egy receptversenyre invitálnak titeket.
Sok sikert kívánunk minden pályázónak!

Üdvözlettel:

Kovács Boglárka és Mirgai Zita
dietetikus hallgatók
ENDietS nemzeti kapcsolattartók

Dear dietitians and dietetic students, we have an exciting recipe competition for you!


 This competition is organised by the European Federation of the Associations of Dietitians, as a deliverable for the PROMISS dissemination work package and it is supported by the European Network of Dietetic Students (ENDietS).

 <http://www.efad.org/.../recipe-competition-april-2021/>


Recipe submissions that complete all the criteria will be published in a recipe book that will inspire Older Adults to create healthy high-protein meals.


 Prizes

 1st: 13th EFAD European Congress of Dietetics Registration Fee + 100 € Amazon Voucher

 2nd: 13th EFAD European Congress of Dietetics Registration Fee + 50 € Amazon Voucher

 3rd: 13th EFAD European Congress of Dietetics Registration Fee

 4th - 23rd: 25€ Gift Cards

 **!!** How to enter the competition:


1. Read this booklet that will help you and guide you through your recipe submission: <http://www.efad.org/media/2181/competition-booklet.pdf>

2. You have to totally agree to the rules on pg. 11 before you submit your recipe.

3. Download this template: <http://www.efad.org/media/2179/recipe-template.docx>, create your recipe according to it and save it as a PDF file.

4. Submit by sending the PDF file/s and the photo/s (optional) at endiets@efad.org, before the deadline with the subject: "High-Protein Meal Recipe Competition + your name"

 You have the right to submit 1-3 recipes, multiplying your chances to win.

 **4** Entries will be accepted by email (endiets@efad.org) starting on 5th April 2021 at 00:00 CEST and ending 26th April 2021 at 23:59 CEST.