



Pacific Healthy Recipe Contest

Article 1: Organiser

The Pacific Community (SPC) is a regional organisation that supports the social and economic development of 22 Pacific Island countries and territories. So the Public Health Division offers technical assistance to the countries and territories as part of efforts to control non-communicable diseases such as diabetes and heart disease since such diseases are widespread in the region. A balanced diet with lots of fruit, vegetables and local products is key to preventing such diseases. That is why SPC encourages communities to adopt healthy eating habits and offers activities designed to promote cooking with local products.

Article 2: Participants

This contest is open to anyone over the age of 18 who resides in one of the following countries and territories: American Samoa, Cook Islands, Federated States of Micronesia, Fiji, French Polynesia, Guam, Marshall Islands, Nauru, New Caledonia, Kiribati, Niue, Northern Mariana Islands, Palau, Papua New Guinea, Pitcairn, Samoa, Solomon Islands, Tokelau, Tonga, Tuvalu, Vanuatu, and Wallis and Futuna.

It is specifically prohibited for people directly associated with SPC (staff and their families) as well as jury members and their families to take part in the contest.

Article 3: Principle of the game

This prize competition consists of making a recipe (sweet or savoury) that highlights local Pacific island products.

Article 4: How to enter

Contest entries may be submitted from 01/02/2020 - 29/02/2020.

To enter the contest, you just have to fill out the special on-line form with the following information:

- Participant's identity
- Description of the ingredients and steps for making the recipe.
- A high-quality photo of the completed recipe.

You can find the form [here](#).

Everyone who enters the contest will be given a copy of the "Pasifika Plates" cookbook (to be sent by post).

By submitting an entry to the contest, participants certify and vouch that they are the author of the recipe submitted and authorise the indefinite use of that recipe and the photos provided in any SPC communications material.





The contest's winner and their family grant SPC the rights to use the photos and/or videos for promotional materials, publicity or other purposes to help achieve SPC's goals as a technical and scientific development organisation in the Pacific region. This might include (but is not limited to) using the photos in printed materials, on social media, press releases, or for other purposes consistent with SPC's goals.

All incomplete submissions will be rejected.

The organisers can be contacted at the following address: health-enquiries@spc.int

Article 5: How winner will be selected

Beginning on 04/03/2020, the recipes and photos will be posted on SPC's Facebook page and the public can vote on them through to 20/03/2020.

Then a jury of leading chefs and dieticians from the Pacific will meet to select the winner from among the 10 recipes that had the most "likes".

The selected recipes will be rated on the following criteria:

- Use of local ingredients
- Recipe with Less sugar, salt and fat
- Creativity and aesthetic presentation
- Showcasing of Pacific cooking traditions.

The results will be announced on 27/03/2020.

Article 6: Prize awarded to the winner

The winner will be able to have a well-known chef come to their home to make a gourmet meal for the entire family (up to 10 people).

The winner may not contest in any way whatsoever the prize given or claim its monetary value in cash.

Article 7: Liability and confidentiality

The Organiser shall not be held liable if, for reasons beyond its control, the contest must be modified, postponed or cancelled.

Participants agree that their personal data will be recorded as part of this contest, since such data are required for their entry into the contest as per these rules. Such information will not be disclosed or used for other purposes by SPC. Participants have the right to access, modify, correct or delete their personal data.

Participation in this contest implies the contestants' full agreement to these regulations and to decisions regarding any aspect of the contest, which shall be final and binding. Non-compliance with the rules shall render the participant's entry null and void.

All disputes concerning the interpretation and enforcement of these rules shall be settled by the Organiser in the spirit that prevailed during the design of this operation.

