



Recipe Submission

Basic Information

The recipe contest submission form consists of 3 sections: basic information (6 questions), recipe submission (8 questions along with slots to include details for up to 14 ingredients and file upload opportunities), and the post-contest survey (12 questions). Many of the questions are optional, however, we encourage you to provide detailed answers. Winning the contest is contingent on a complete submission and detailed responses will factor into your scoring.

The submission form saves at the end of each page. Be sure to click "save and continue" to save your work and advance to the next page. You may save, exit, and complete the form in a later session.

Thank you for your submission and good luck!

* 1. Respondent information

Name	<input type="text"/>
Facility	<input type="text"/>
City/Town	<input type="text"/>
State/Province	<input type="text"/>
ZIP/Postal Code	<input type="text"/>
Email Address	<input type="text"/>
Phone Number	<input type="text"/>

2. System (if applicable)

3. Chef or recipe creator (if different than respondent)

Name

Email Address

4. Chef biography

5. Twitter, Facebook and other social media handles (optional)

6. Clinical sponsor: *This is a physician, pharmacist, nurse, or other allied health professional who agrees to participate in the event by assisting with promotion and education. Points will be awarded for participants who secure a clinician sponsor.*

Name

Credentials

Email address



Recipe Submission

Submit your recipe

You may either upload a file or enter text for the following section.

7. Ingredients and measurements. *Enter text*

8. Instructions. Detailed step-by-step method for preparation, cooking and serving. *Enter text*

9. Equipment and specific serving utensil(s) (Pans size, number of pans, weight or measure in a pan, etc.) *Enter text*

10. Portion sizes(s) for single serving. *Enter text*

11. Recipe yield (number of servings). *Enter text*

12. Complete recipe (contains all recipe components above). *Upload file*

Choose File

No file
chosen

13. Nutrition portfolio (submission of complete nutrition portfolio encouraged, but at least include sodium per serving and saturated fat per serving). *Enter text*

14. Nutrition portfolio. *Upload file*

Choose File

No file
chosen



Recipe Submission

Sourcing details

Submit sourcing information for ingredients that meet the [Sustainable Foods Definition Checklist](#) for local or sustainably sourced. See the [official scoring rubric](#) for additional scoring details.

Ingredient description (i.e ground pork, monkfish, grass-fed stew meat, green pepper).

If recipe contains local and/or sustainably-produced ingredients, provide details (i.e. sourcing story):

- claims/certifications
- local
- farm or brand name

15. Ingredient #1

Description	<input type="text"/>
Claims/certifications	<input type="text"/>
Local	<input type="text"/>
Farm or brand name	<input type="text"/>

16. Ingredient #2

Description	<input type="text"/>
Claims/certifications	<input type="text"/>
Local	<input type="text"/>
Farm or brand name	<input type="text"/>

17. Ingredient #3

Description

Claims/certifications

Local

Farm or brand name

18. Ingredient #4

Description

Claims/certifications

Local

Farm or brand name

19. Ingredient #5

Description

Claims/certifications

Local

Farm or brand name

20. Ingredient #6

Description

Claims/certifications

Local

Farm or brand name

21. Ingredient #7

Description

Claims/certifications

Local

Farm or brand name

22. Ingredient #8

Description

Claims/certifications

Local

Farm or brand name

23. Ingredient #9

Description

Claims/certifications

Local

Farm or brand name

24. Ingredient #10

Description

Claims/certifications

Local

Farm or brand name

25. Ingredient #11

Description

Claims/certifications

Local

Farm or brand name

26. Ingredient #12

Description

Claims/certifications

Local

Farm or brand name

27. Ingredient #13

Description

Claims/certifications

Local

Farm or brand name

28. Ingredient #14

Description

Claims/certifications

Local

Farm or brand name



Recipe Submission

Submit photo(s)

Check out these [pro tips on taking mouth-watering food photos](#).

Original photo - At least one photo (more are encouraged). It must be high-resolution and an original photo taken during the course of the contest. Suggestions:

- Photo of chef and the meal
- Photo of the meal
- Photo of people enjoying the meal such as the clinician sponsor

29. Submit photo 1

No file chosen

30. Submit photo 2

No file chosen

31. Submit photo 3

No file chosen



Recipe Submission

* 32. Sharing terms and conditions

- I understand that our stories, photos, quotes, etc. may be featured in part or in full on the Health Care Without Harm and Practice Greenhealth websites, in blogs, on social media and in other promotional materials associated with the Health Care Culinary Contest. Credit will be given to contributors.



Recipe Submission

Post-contest survey

33. Did you market, promote, or educate staff and visitors about your recipe?

- Yes
- No

34. If yes, please explain what you did. Example: announcement in newsletter, signage in cafeteria, signage on patient trays, grand rounds, other.

35. On a scale of 1 (easy), 2 (somewhat challenging) 3 (very challenging) and “not applicable,” please note how challenging it was to identify and procure the following items that followed the accepted Health Care Without Harm definitions, label claims, or certifications for your recipe:

	easy	somewhat challenging	very challenging	not applicable
Beef raised without antibiotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Poultry raised without antibiotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Wild fish	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Grass-Fed Beef	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pork raised without antibiotics	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Pastured meat	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>
Local ingredients	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>	<input type="radio"/>

36. What was the feedback on the recipe from eaters?

- Very positive Negative
 Positive Very negative
 Mixed

37. What was the most challenging aspect of procuring ingredients or promoting the recipe (price, availability of product, staff resistant to new options, etc.)?

38. What was the easiest/most successful aspect of procuring ingredients or promoting the recipe for your recipe (already purchasing the ingredients, already menuing this recipe, staff receptivity etc.)

39. Please rate your interest in serving this recipe in the future?

- Very likely
- Possibly
- Not Likely

40. Did you secure a clinician sponsor?

- Yes
- No

41. If no, what prevented you from doing so?

- No clinician was interested
- I don't have relationships with clinicians
- Not enough time
- Other (please specify)

42. If yes, how did you involve them in the activity?

- | | |
|---|---|
| <input type="checkbox"/> Taste-tested recipe | <input type="checkbox"/> Communicated the value of participating in the contest to administration |
| <input type="checkbox"/> Co-wrote education or announcement to staff | <input type="checkbox"/> Communicated the value of ingredients raised without antibiotics |
| <input type="checkbox"/> Available in cafeteria for day recipe was served | <input type="checkbox"/> Other, please list |
| <input type="checkbox"/> Other (please specify) | |

43. Which support materials did you use during the contest?

- | | |
|--|---|
| <input type="checkbox"/> Culinary contest fact sheet | <input type="checkbox"/> Menus of Change Protein Flip |
| <input type="checkbox"/> Health Care Without Harm Redefining Protein Report | <input type="checkbox"/> Menus of Change Protein Play |
| <input type="checkbox"/> Health Care Without Harm procurement guidance fact sheets | <input type="checkbox"/> webinars |
| <input type="checkbox"/> Other (please specify) | |

44. Were the contest rules explained well and easy to understand?

- Yes
- No

45. How could this activity be improved?