



The **Hawaii Gas Presents Localicious® Recipe Contest** is a fun cooking competition where students compete by submitting an original recipe using a locally grown, raised or caught product! A culinary judge reviews the recipes and selects the top three (3) recipes from two grade categories: Grades 4-8 and 9-12. The six (6) finalists will be invited to cook live in front of three judges on Sunday, October 29, 2023. This year the theme of the recipe contest is to create a school lunch meal you would like to see in your school cafeteria.

Recipe Submissions can be:

- Emailed to: contest@hawaiifoodandwinefestival.com by September 22, 2023 11:59 PM HST.
- Mailed to (must be received by September 22, 2023):
Hawaii Food & Wine Festival
Localicious Recipe Contest
3538 Waialae Ave. #202
Honolulu, HI 96816

THEME: WHAT SCHOOL LUNCH MEAL WOULD YOU LIKE TO SEE IN YOUR SCHOOL CAFETERIA?

- Recipe must include at least one locally-grown, caught or raised ingredient
- Dish must be an ORIGINAL recipe — we want your own creative dish, not one from a published source.
- Dish must be SIMPLE — maximum of 10 ingredients and 10 steps.
- Be HEALTHY — additional points will be awarded for use of vegetables, fruits, or grains and beans.
- Be DELICIOUS — keep it fresh and yummy.
- Be AFFORDABLE — no fancy ingredients needed.
- Be MEANINGFUL — tell us why you would want this as a school lunch meal.
- Please include a high-resolution photo of your completed dish.

Please fill in the following information, all required:

Contestant's First Name:

Last Name:

Contestant's Grade Level (at time of entry). Circle one:

4th 5th 6th 7th 8th 9th 10th 11th 12th

Name of School (if home schooled, indicate as so):

Which island do you live on? Circle one.

Hawaii Island

Kauai

Lanai

Maui

Molokai

Oahu

Contestant's Parent or Legal Guardian's First and Last Name:

Parent or Legal Guardian's Contact Phone Number:

Parent or Legal Guardian's Email:

Name of your dish:

Describe your dish and why you would like to see it served as your school lunch.

List your ingredients and quantities (must include at least one locally grown, raised or caught ingredient, maximum 10 ingredients). NOTE – salt and pepper does NOT count towards your ingredient listing:

List your step-by-step preparation and cooking instructions (include cooking time, maximum 10 steps):

What are your three favorite restaurants to visit?

How did you hear about this contest? If it was from a teacher, please provide teacher's name:

*****PLEASE MAKE SURE TO SUBMIT A PHOTO OF YOUR DISH TO
CONTEST@HAWAIIFOODANDWINEFESTIVAL.COM.*****

By signing below, the submitter agrees:

1. That all work is the entrant's original, unpublished work of the person who created the recipe and video.
2. All entry materials, videos, photographs and recipes become the property of the HFWF and will not be acknowledged or returned. The copyright in any Submission shall remain the property of the entrant, but entry into this Promotion constitutes entrant's irrevocable and perpetual permission and consent, without further compensation, with or without attribution, to use, reproduce, print, publish, transmit, distribute, sell, perform, adapt, enhance, or display such Submission, and the entrant's name and/or likeness, for any purpose, including but not limited to the creation of an electronic book that includes recipes and other materials submitted by entrants along with editorial, advertising, trade, commercial, and publicity purposes by the HFWF and/or others authorized by the HFWF, in any and all media now in existence or hereinafter created, throughout the world, for the duration or the copyright in the Submission. HFWF and/or others authorized by the HFWF shall have the right to edit, adapt, and modify the Submission.

Signature of Contestant

Signature of Contestant's Parent or Legal Guardian

Date