



American
Heart
Association.

Bring on the Barley Recipe Contest Rules

- Anyone can enter, not limited to Idaho residents.
- All entries must contain at least one barley product (pearled, flakes, flour, etc.)
- Only heart-healthy entries that meet the American Heart Association's nutritional guidelines (recipe submissions will be submitted to AHA Science for full review) will be eligible for an award
 - No more than 200 calories per label serving
 - No more than 240 mg of sodium per label serving (preferably no more than 140 mg)
 - Zero g trans-fat per label serving and no products containing partially hydrogenated oils
 - No more than 1 g of saturated fat
- All entries must be original and include the full recipe instructions, ingredient list and a photo of the finished dish. They must also include the name, address, phone number and email address of the person submitting the entry.
- Recipes will be submitted according to three categories –
 - Holiday-themed
 - Baked goods
 - Salads
- Contest will be promoted on all three @ahaidaho social media accounts (Facebook, Twitter and Instagram), as well as via email to supporters, donors and volunteers.
- Submissions must be sent via email to brandi.keefe@heart.org.
- All AHA staff and their families are ineligible to win the contest.
- AHA will receive rights to all recipes submitted.
- All recipes highlighted on social media, at events, or in any other way associated with the AHA will be submitted for a science review prior to use.
- All contest winners will be contacted by the Idaho AHA office staff and recognized during a virtual event.
- Any prizes offered to the winners will be provided by the Idaho Barley Commission with the exception of an award certificate or similar token of recognition from the AHA.
- Contest to run from November 15, 2020 to January 5, 2021 at 11:59 p.m. Winners will be selected after full AHA Science review, announced by January 31, 2021.
- Three winners will be awarded:
 - One grand prize winner will receive a Barley Basket and Instant Pot with AHA Instant Pot Cookbook (valued at \$150). If Instant Pot already owned, then another kitchen appliance of the same price (e.g., rice cooker).
 - Two runner-up winners will each receive a Barley Basket (valued at \$50 each)
 - Winners would be selected on two things – if their recipe passes the AHA science review then they will be entered into a random drawing.