



Contest Rules – Most Innovative Wellness & Nutrition Program

1. The wellness and nutrition program must be completed at your institution between January 1, 2022 and March 31, 2023.
2. All entries must be submitted online.
3. Each entry requires an essay no more than one page and 500 words in length. The essay should summarize the program and include clearly stated goals and objectives.
4. In total, three (3) additional collateral files may be uploaded as support documentation with each entry (this does not include the entry form and essay). The files may contain examples of posters, brochures, screenshots of web pages, menus, published articles, white papers, photographs and links to video/photo sharing websites. All files must adhere to the following criteria:
 - All uploaded documents must be in .pdf format.
 - The combined size of uploaded .pdf support collateral files (maximum of three (3) files), may not exceed 13 megabytes.
 - File names must contain name of the institution and description (example: Smith College_ Veggie Tasting Table.pdf).
 - A maximum of 25 photographs may be submitted. Photos may be contained within uploaded .pdf files (web-quality resolution of approximately 72 dpi) or you may provide a link to an album hosted on a photo sharing site (e.g., Flickr, Picasa). Online photo albums must be titled with name of the institution and description.
 - Videos must be no longer than four (4) minutes in length and hosted on a shared web viewing site (e.g., YouTube, Vimeo) or on the institution's own website. Please provide link. All videos should be titled with name of the entrant institution and description. Files for student entries must contain student's name.



- Any uploaded documents which contain copyrighted material and/or trademarks of others must first have written permission from each copyright and/or trademark owner for further publication and use by NACUFS. Certification that these written permissions have been obtained is required on the Official Electronic Entry Form.
5. The contest is open to all National Association of College & University Food Services (NACUFS) institutional members in good standing. Each separate foodservice unit at a member institution may enter a program. A separate entry form must be completed for each entry. Entries must be designed and produced by the school entering the contest.
 6. Entries may be submitted for judging only once.
 7. The judges will review all entries upon receipt for rule adherence.
 8. All winners will be notified by e-mail following the completion of the judging.
 9. The decision of the judges is final.
 10. All gold, silver, and bronze winners will be displayed at the NACUFS National Conference.
 11. By entering, permission is thereby given to NACUFS to publish and/or use in any way the material so submitted.