

VEGETARIAN AND VEGAN RECIPE CONTEST

Enter your favorite meatless entrée or side dish by October 14
and be eligible to win JumboCash prizes

PRIZES:

VEGAN GRAND PRIZE
\$25 JUMBOCASH

VEGAN RUNNER-UP
\$10 JUMBOCASH

VEGETARIAN GRAND PRIZE
\$25 JUMBOCASH

VEGETARIAN RUNNER-UP
\$10 JUMBOCASH

Winning recipes will be
added to the Dewick menu.



How to enter:

State the category you are entering: Vegan or Vegetarian. Submit a recipe via email to tuftsveggiesociety@gmail.com. Include your name, email, and a photo of the recipe. Vegan recipes must be animal free and contain no meat, poultry, fish, eggs, or dairy. Vegetarian recipes can include eggs and/or dairy ingredients, but no meat, fish, or poultry.

Eligibility: Open to all Tufts students

Deadlines: All entries must be received by Friday, October 14.

Judging Criteria: Recipes will be judged on originality, taste, visual appeal, and nutrition. Recipes may be either entrées or sides and serve 4 to 6 people. Finalists will be chosen by Tufts Dining Dietitian, Executive Chef, and members of Tufts Veg Society. The winning recipe will be selected by student vote during Veg Out @ Dewick Dinner on Wednesday, November 9.

OCTOBER IS VEGETARIAN AWARENESS MONTH