



meals on the go RECIPE CONTEST



DEADLINE

12 pm on July 27, 2018

Do you have an all-time **favourite pulse recipe** for meals on the go?

Submit your prize-winning recipe for a **chance to win a Picnic Prize Pack!** We'll be awarding a prize for the tastiest starter, entrée and dessert.

We'll also share the winning recipes with our Facebook friends and Twitter followers!

Send your recipe to our Food & Nutrition Coordinator, Debra McLennan at dmclennan@albertapulse.com.

Winners will be contacted via email in early August 2018.

*By submitting your recipe, you are consenting to APG: a) using, re-using, publishing and re-publishing the same in whole or in part, individually or in conjunction with other photographs, interviews or images in a publication, print ad, electronic media (e.g. Internet, Social Networking Sites) or other form of promotion; b) using your name in connection therewith, if APG so chooses. This permission is unconditionally granted to APG for any purpose deemed appropriate by APG, both internal and external to the organization, and including distribution by APG to any third party deemed appropriate by APG for publication or use by that third party. You hereby waive any right that you may have to inspect and approve the finished product or copy that may be used in connection with the information contained in the interview or the image that has been reproduced. You further understand that APG shall not be required to pay any consideration to you for the unlimited usage of the photograph and/or image and contents of any interview. You agree to save harmless, indemnify and release APG, its officers, servants, employees and representatives, from and against all claims, actions, costs, expenses and demands with respect to the release of the personal information described herein and use of your photograph and/or image. You are of the legal age and have read the foregoing and fully understand the contents thereof.

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