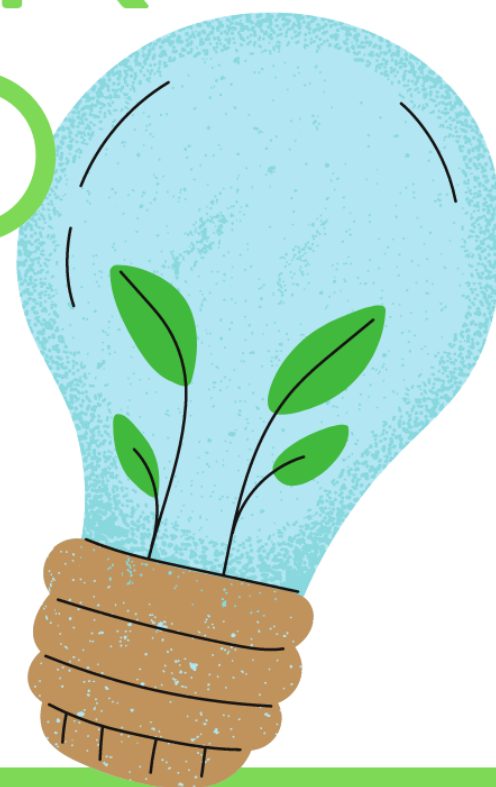


RETHINK FOOD

VIRTUAL CHALLENGE



Rethink, Reduce, Reuse – VET LOVES FOOD
2021-1-ES01-KA220-VET-000025377

May-June 2023



Co-funded by
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COMPETITION RULES

The RETHINK FOOD Virtual Challenge 2023 is a Competition organized in the framework of the Erasmus + Project Rethink, Reduce, Reuse – VET LOVES FOOD.

For any information regarding the competition, please consult the website <https://vetlovesfood.eu/> or contact us by e-mail at info@vetlovesfood.eu , specifying in the object RETHINK FOOD - VIRTUAL CHALLENGE 2023.

PREMISE

The partners of the VET LOVES FOOD Project announce the International Virtual Challenge on zero food waste and food waste prevention: **RETHINK FOOD – VIRTUAL CHALLENGE 2023**, directed to:

1. Professional chefs.
2. VET trainers of the HORECA sector, and groups of students of the HORECA sector (under the application of a VET trainer).

The goal is to collect recipes that demonstrate the green skills of the participants in the elaboration of sustainable, low carbon footprint, zero food-waste recipes.

The challenge will take place in three phases:

- 1) Preselection phase: until June 1st, 2023 online: each participant can apply for a maximum of one recipe by filling in the following online form: <https://vetlovesfood.eu/challenge2023/>
- 2) Selection of the participants: until **June 1st, 2023**. The participants of the RETHINK FOOD – Virtual Challenge 2023 will be selected according to the Rules and Criteria established for this Challenge. The recipes of the final contestants will be announced on **June 29th, 2023** through a streaming Awards Ceremony hosted on the project website (<https://vetlovesfood.eu/>).
- 3) Promotion of the participants' recipes. This phase will take place from **June 2nd to June 26th, 2023**. The selected recipes for the challenge will be promoted online in a twofold way:
 - a. Social media: the recipes will be posted in the Instagram of the VET LOVES FOOD Project (<https://www.instagram.com/vet.loves.food/>).
 - b. Projects website: the recipes will be posted in a special section dedicated exclusively to the promotion of the event.



The winner of the **RETHINK FOOD – Virtual Challenge 2023** will be announced through a streaming online Awards Ceremony hosted in the VET LOVES FOOD website on **June 29th, 2023**.



GENERAL RULES

CONTACTS AND INFORMATION

CONFEDERACIÓN ESPAÑOLA DE CENTROS DE ENSEÑANZA – Calle del Marqués de Mondéjar, 29-31, primera planta, 28028, Madrid mail: lucrezia.palladini@cece.es

VET LOVES FOOD: info@vetlovesfood.eu - <https://vetlovesfood.eu/>

For any information about the pre-selection phase of the competition (registration, recipes to present), write to info@vetlovesfood.eu, specifying in the object **RETHINK FOOD - Virtual Challenge 2023**.

REGISTRATION AND DEADLINE

By registering for the **RETHINK FOOD – VIRTUAL CHALLENGE 2023**, participants accept the regulation and its conditions. Registration must be done by completing the online form in its entirety. Registration must be completed no later than **June 1st, 2023**.

THEME OF THE CHALLENGE

Each participant is required to present the recipe for a main dish for the pre-selection phase.

WHAT IS A MAIN DISH?

Main dish: It is a dish generally defined as a single dish that contains, from a nutritional point of view, all the macronutrients that should make up every meal, i.e.:

- proteins (deriving from lean meat or blue fish or eggs or cheeses or legumes);
- carbohydrates (deriving from pasta or rice or other cereals such as barley, spelled, sorghum, millet, bourghul, quinoa, couscous, or bread or potatoes);

- lipids, of animal origin or preferably of vegetable origin (olive oil);
- fiber, derived from vegetables and legumes.

For the proportions between the different macronutrients it is possible to refer to the "Healthy Eating Plate" created by nutrition experts at Harvard T.H. Chan School of Public Health <https://www.hsph.harvard.edu/nutritionsource/healthy-eating-plate/>

The maximum limit of characterizing ingredients to be used in the recipe is 6 (excluding seasonings, e.g. salt, oil, butter ...).

The preparation can be either cold or hot or with cold parts and hot parts. The preparation can be omnivorous, vegetarian, or vegan.

RECIPE

Each participant can propose no more than one recipe for participation in the Challenge. The following information about the recipe must be presented in order to participate in the **RETHINK FOOD - Virtual Challenge 2023**:

- Name of the recipe;
- Description of the recipe;
- List of ingredients;
- Knowledge of the proximity of each ingredient within 100 km from the place where the recipe is cooked (choosing between yes/no/I don't know);
- Weight of each ingredient;
- Photos (mandatory) and video (optional) of the recipe.

Written information will be gathered by filling in an Excel file available on the VET LOVES FOOD website: <https://vetlovesfood.eu/challenge2023/>

Photos and videos will be uploaded separately from the filled Excel file. To upload 3 photos of the recipe will be mandatory. Additionally, 1 video of the recipe can be attached in link format (for example: Vimeo or Youtube link).

INGREDIENTS

The maximum limit of characterizing ingredients to be used in the recipe is 6 (excluding seasonings, e.g. salt, oil, butter ...).

The international jury will assess the recipe according to the criteria exposed in the section Evaluation Criteria.

THEY WILL NOT BE ALLOWED AMONG THE INGREDIENTS:

- Fresh-cut fruit and vegetables (FFV)
- Crustaceans and molluscs already shelled
- Semi-finished products of industrial production

Photos of food raw materials in the original packaging with brands or logos will not be allowed.

EVALUATION METHODOLOGY

The evaluation of the **RETHINK FOOD – VIRTUAL CHALLENGE 2023** will be composed of a twofold methodology: 50% of the votes will come from social media channels. The other 50% of the voting will be composed of the evaluation of the international jury.

EVALUATION CRITERIA

- SOCIAL MEDIA CHANNELS

The 50% of the assessment will come from social media channels. The criteria to evaluate the participant recipes are going to be the following;

- Instagram likes –1 point: for each like that the recipe receives in the VET LOVES FOOD Instagram profile, it will gain 1 vote. Only the likes received in the post of the VET LOVES FOOD official Instagram profile will be considered votes.
- VET LOVES FOOD website - 10 points: for each vote that the recipe receives within the Project's webpage, the recipe will receive 10

points. In order to vote through the Project's website, registering and accepting the terms and conditions of the Project's website will be mandatory¹.

The candidates will have 25 days (**from June 2nd to June 26th, 2023**) to promote their recipes on the above-mentioned social media channels. This 50% of the evaluation will be constituted by the overall sum of all the points gathered through both the Project's website and the Project's Instagram profile.

- INTERNATIONAL JURY

The jury is made up of three professional judges provided by [ESHBI](#), [ENAIP Veneto](#), and [CEPROF](#).

The jury will assess each participant's recipe, according to:

- the carbon footprint values extracted from the following formula, based on the [CO2WEB carbon footprint values' table](#), developed by [Universidad de Alcalá](#):
- Plating of the dish;
- Number of ingredients (as referred above);
- Sustainability options (options for utilization, waste reduction, generated waste).

By participating in the Challenge, the competitors accept the rules and conditions. The decision of the judges is final.

AWARDS AND AWARD CEREMONY OF THE CHALLENGE

The Award Ceremony for the **RETHINK FOOD – VIRTUAL CHALLENGE 2023** will take place online on the VET LOVES FOOD webpage through the Zoom Platform. All **the participants in the challenge and the partners of the VET LOVES FOOD Project**

¹ Participants can promote their recipes in their personal social media. However, only votes received through the VET LOVES FOOD Instagram will be considered.

will attend the ceremony. Invitations with the link to the Event will be sent in advance.

The prize for the winner will consist of an e-masterclass on food waste prevention provided by [ESHBI – Escuela Superior de Hostelería de Bilbao](#).

RIGHTS OF THE ORGANIZATION

All rights deriving from the use of recipes, photos and videos go to the VET LOVES FOOD Project.

RIGHTS OF THE ORGANIZATION IN THE EVENT OF CHANGES

The organization reserves the right to cancel the event, to postpone or modify its duration or times or to make any other technical changes.

PRIVACY POLICY

By participating in the RETHINK FOOD – Virtual Challenge 2023, the applicants consent to the VET LOVES FOOD consortium the collection and release of personal information for the purposes of the Challenge.

The collection of personal data is the sole responsibility of the VET LOVES FOOD consortium, who guarantees its full protection in accordance with the [General Data Protection Regulation \(Regulation \(EU\) 2016/679\)](#) in compliance with national legislations of each participant, and arises within the scope of the project and activity to which this form informs. By accepting these conditions, the participants authorize the use of, personal data, photographs and/or video recordings submitted for the purposes of the RETHINK FOOD – Virtual Challenge 2023.

In the event of minors participating in the RETHINK FOOD – Virtual Challenge 2023, the parents/legal tutors of the minor are requested to sign a consent release, clearly reflecting that the minor is allowed to participate in the Challenge and that the personal data of the minor are going to be treated as in mentioned in the previous paragraph.