

# Contest for recipe write-up for tuberculosis patients

## General Guidelines

**Theme of contest:** Low cost and wholesome nutritional recipes for tuberculosis (TB) patients

**Key requirements:** To take part in the competition, participants need to send a detailed recipe of any food item in any form (eg. eatables, soups, etc.,) which must include

- All needed ingredients with its full name
- Required quantity of each ingredient
- Approximate cost of the required ingredients
- Exact process of preparation should be provided in a step by step
- Time duration for each step of preparation should be specified
- All other fine details and specifications like taste, colour, etc., related to the item being prepared
- Details related to the usefulness of the items being prepared for TB patients with reference to specific population like children, adults, diabetics, etc.,

**Terms and conditions:** A committee of experts will select 25 best submissions which meet the criteria of low cost and wholesome nutritional recipes for TB patients for providing three prizes consisting of **Rs 10,000** for 1<sup>st</sup> prize, **Rs. 7,000** for 2<sup>nd</sup> prize and **Rs. 5000** for 3<sup>rd</sup> prize with 22 consolation prizes of **Rs. 1000** each.

Selected recipes will be published as a book which will be used for nutritional counselling of TB patients. Contestants can use their language of their convenience and could participate as a group or individual. The full name, complete address, email address and phone number of contestants must be included in the application format which is provided here [Application for recipe competition.docx](#). Communications will be sent to only the contestants whose recipes get selected for a prize. Multiple submissions are allowed but each participant is eligible for only one prize.

Contestants are requested to send the recipes on or **before 15<sup>th</sup> April 2018** by email to [info@nirt.res.in](mailto:info@nirt.res.in) or by post to The Director, National Institute for Research in Tuberculosis, No.1, Mayor Sathiyamoorthy Road, Chetpet, Chennai - 600 031. Submission of handwritten applications will also be accepted by post at this same address.