



Official Rules

Please review the rules below before entering the Preparedness Kit Recipe Challenge

1. Recipes must only use ingredients that can sit on a pantry shelf for at least one year and not require cooking or refrigeration to eat safely.
2. You are allowed to use ingredients that are shelf-stable until opened, such as condiments and sauces that need to be refrigerated after opened.
3. Recipes can be submitted for one of two categories, No-Cook or Grill style (**one submission allowed per category**). Grill style allows for heating your dish in a pan on an outdoor grill or camp stove, but don't forget that only shelf-stable ingredients can be used.
4. Give your recipe a clever name, and be sure to list all ingredients including the quantities. Then tell us how to put it all together.
5. If you can, upload your own original photo of your prepared dish. Your photo could be used in our Preparedness Kit E-Cookbook that will be released later this year.
6. Participants under 18 years of age need to have parent/guardian's permission to enter the contest. Always supervisor younger children and exercise caution when preparing meals or heating dishes.
7. Recipes submitted by Michigan Department of Community Health (MDCH) employees, agents, or contractors, and the sample recipes featured from our partners on the website are ineligible to win the challenge, however, these recipes could be included in the Preparedness Kit E-Cookbook.
8. Finally, be sure to submit your recipe by the September 30th deadline!