



TERMS AND CONDITIONS: INSTAGRAM COOKING COMPETITION

1. The Promoter of the Competition is Dietitians Association of Australia, 1/8 Phipps Close DEAKIN ACT 2600, ACN 008 521 480. Information on how to enter forms part of the terms of entry. Entry into the competition is deemed acceptance of these terms and conditions.
2. Entry is open to Australian residents aged 18 years with a public Instagram account, except employees, board members and their immediate family members of the Promoter.
3. Competition commences on Monday 02 January 2017 at 9.00am Australian Eastern Daylight Savings Time (AEDST) and entries close on Sunday 19 February 2017 at 11.59pm AEDST (Competition Period).
4. To enter the Competition, entrants must, during the Competition Period:
 - a. Follow @dietitians_association_australia on Instagram; and
 - b. Upload an image of their home cooked meal using the hash tags #AHWW2017 #CookingChallenge
5. Each valid social media post is deemed one entry. Entrants may submit more than one entry provided that a different image of a home-cooked meal is shared via social media with each separate entry. Entrants must share an image that they have created. Entries not completed in accordance with these terms and conditions, and any incomplete or incomprehensible entries, or images not belonging to the entrant will be deemed invalid.
6. Entry in the Competition is free excluding internet connection charges and / or mobile data charges and service charges incurred by entrants in submitting an entry. The Promoter accepts no responsibility for any late, lost or misdirected entries including delays due to technical disruptions, network congestion or for any other reason.
7. One First Prize Winner and three Runner Up Prize Winners will be selected by a Judging Panel appointed by the Promoter based on the following judging criteria:
 - a. Originality of the image
 - b. Creativity of the image
 - c. Overall visual presentation
 - d. Embodiment of the principles of healthy eating as set out in the Australian Dietary Guidelines.
8. Chance plays no part in determining the winners.
9. The Promoter's decision in relation to any aspect of the competition is final no correspondence will be entered into.
10. The winners will be announced on Tuesday 28 February 2017 on @dietitians_association_australia Instagram page. The winners will also be announced on the Australia's Healthy Weight Week website

www.healthyweightweek.com.au. Should the winner not respond within 24 hours of initial communication, the Promoter reserves the right to select a new winner.

- 11.** The prizes are as follows:
 - a. First prize (one to be won) valued at \$1600:
 - i. Return flights to Adelaide for two people from the winner's nearest Capital City, including airport transfers in Adelaide.
 - ii. One night of accommodation for two people in Adelaide.
 - iii. A cooking demonstration for two people with Callum Hann and Themis Chryssidis courtesy of Sprout Cooking School.
 - b. Runner Up prizes (three to be won):
 - i. A copy of *Quick. Easy. Healthy.* courtesy of Sprout Cooking School.
- 12.** The Promoter may request winners to provide proof of identity in order to claim a prize. Proof considered suitable for verification is at the discretion of the Promoter. If a winner cannot provide suitable proof, the winner will forfeit the prize in whole and no substitute will be offered.
- 13.** The prize must be taken as stated, and is not transferable, exchangeable or redeemable for cash. The Promoter will not be liable in the event that the winning entrant does not take, or is unable to use, the prize or any portion of it for any reason. If the prize is unavailable for reasons beyond the Promoter's control, the Promoter reserves the right to substitute the prize with a prize of equal or greater monetary value.
- 14.** By entering into the competition, the entrant grants the Promoter permission to use, reproduce, communicate, publish and adapt their name, winning social media post and photo for promotional and other related purposes without any payment or compensation to the entrant.
- 15.** This promotion is in no way sponsored, endorsed or administered by, or associated with, Instagram, Facebook, Twitter or any other social network. Any personal information provided to the Promoter will be used in accordance with the following Privacy Policy found at <http://daa.asn.au/for-the-public/privacy-policy/>.
- 16.** The Promoter reserves the right to amend these terms, modify or withdraw the competition at any time.