

- 5.5 The cost of travel to the all-island final in St. Angela's College, Sligo and the cost of accommodation is the responsibility of the students and families and is not covered by the competition organisers.
- 5.6 St. Angela's College, Sligo will provide the ingredients for the purpose of the all-island final with the exception of specialist ingredients. This will be communicated to all finalists prior to the final.
- 5.7 St. Angela's College will provide all equipment required for the purpose of the all-island final with the exception of serving dishes and any specialist cooking dish required. This will be communicated to all finalists prior to the final.
- 5.8 Entries submitted to the competition will be the property of St. Angela's College, **safefood Take Away My Way** cookery competition and may be used for marketing purposes.

### 6. Prizes

- 7.1 Prizes are non-transferable and there are no cash alternatives to prizes for students, schools and teachers.
- 7.2 All decisions of the Take Away My Way judging panel will be final and binding. No further correspondence will be entered into.
- 7.3 Winners under the age of 18 must be accompanied by a parent, teacher or guardian to collect prizes.

### 7. Publicity

- 8.1 The competition organisers reserve the right to use the recipes and photos in promotional material.
- 8.2 Entrants may be required by the competition organisers to participate in publicity activities including interviews, photo and/or video sessions. The competition organisers reserve the right to use such material in any reasonable manner deemed fit.
- 8.3 Entry material submitted becomes the sole property of the competition organisers.

# All Island Cookery Competition 2012 Take Away My Way!

## Entry FORM

**Please submit an entry form for each student and return by post or email.  
Before: 5pm on the 26th January 2012**

**Post to:**  
Take Away My Way Cookery Competition  
Home Economics Department,  
St. Angela's College,  
Lough Gill, Co. Sligo,  
Ireland.



**Name:** .....

**Age:** .....

**Junior Category:** 1st, 2nd, 3rd Year

Key Stage 3

**Senior Category:** Transition & 4th / 5th / 6th Year Students

Key Stage 4

Youthreach Centres

**Teacher Name:** .....

**School / Centre Name:** .....

**School / Centre Address:** .....

**Teacher Contact Number:** .....

**Teacher Contact Email:** .....

### Selected Takeaway Dish:

### Modified Recipe Details:

Name of the Modified Dish: .....

#### Description:

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Photo: (Please attach a photo of your product)

#### Ingredients: (2 portions)

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#### Method

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(Please use extra paper if needed)

#### Explain how you made it healthier and reduced the cost:

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### Cost Comparison:

Cost of the Take Away dish (for 2 People)

Cost of the modified dish (for 2 People)

### 1. Introduction

- 1.1 The competition is titled **Take Away My Way**. The competition is an initiative between the organiser St. Angela's College, Lough Gill, Sligo and the sponsor **safefood**, 7 Eastgate Avenue, Little Island, Co. Cork.
- 1.2 No payment is required to enter the cookery Competition.
- 1.3 By entering the cookery competition entrants are deemed to have read and understood the terms and conditions and be bound by them.

### 2. Eligibility

- 2.1 All students in post-primary schools on the island of Ireland and Youthreach centres in the Republic of Ireland (ROI) are eligible to enter the cookery competition.
- 2.2 All students are eligible to enter, whether they are Home Economics students or not.
- 2.3 All entries to the cookery competition must be genuine; must be the work of the student who submits the entry; must not contain material that is inappropriate or offensive.

### 3. Categories

- 3.1 The **Take Away My Way cookery** competition is comprised of two categories:  
**Junior** including Junior Cycle (ROI) and Key Stage 3 (NI)  
**Senior** including Senior Cycle & Youthreach (ROI), Key Stage 4 & Years 13 & 14 (NI)
- 3.2 Only individual entries will be accepted. No class or group entries will be accepted. Only one entry per person is accepted.

### 4. Take Away My Way Cookery Competition Guidelines

- 4.1 Students are asked to choose their favourite takeaway dish, e.g. pizza, stir-fry, curry etc and modify it to make it healthier.
- 4.2 Students are asked to complete an entry form including a photo of the finished dish. On the entry form students are asked to describe their dish, and:
  - The way in which the dish has been modified to make it healthier, e.g. more fibre, more vegetables, inclusion of healthy side dish, use of herbs and spices as alternatives to salt, smaller portion size, steaming rather than frying etc.
  - The cost of the dish relative to purchasing a similar dish in a take away outside of the home.
- 4.3 For the purpose of the cookery competition in the school/centre setting, students will supply all ingredients required.
- 4.4 Please post entries to: Take Away My Way Cookery Competition, **Home Economics Department, St. Angela's College, Lough Gill, Co. Sligo**. Alternatively you can email entries to **takeawaymyway@gmail.com**
- 4.5 Completed entries must be posted or emailed to arrive no later than **5pm on the 26th January 2012** to **St. Angela's College, Lough Gill, Co. Sligo, Ireland** or **takeawaymyway@gmail.com**
- 4.6 No responsibility will be taken by St. Angela's College for any entries which are damaged, lost or received after the closing date. Entries will not be returned.
- 4.7 If you have any queries or clarifications please email **takeawaymyway@gmail.com** or phone **+353 (0)71 9135650**.
- 4.8 Full details of the cookery competition are available at **www.safefood.eu/takeawaymyway**

### 5. Take Away My Way cookery competition all-island final

- 5.1 The all-island final will take place in St. Angela's College, Sligo. Students must be available to attend the all-island final if they are selected.
- 5.2 A Minimum of 32 entries (16 junior and 16 senior) entries will be selected to go forward to the all-island final based on the entries submitted.
- 5.3 All entries will be judged by a team of experts and the judges' decision is final.
- 5.4 Finalists under the age of 18 must be accompanied by a parent, teacher or guardian to the all-island final.