

# THE HEALTHY CANADIAN



# COOK OFF

brought  
to you  
by:



*discover a flaxseed you can cook with!*

**CONCEPT:** The Healthy Canadian Cook Off is a 2 part mini-series that features several top Social Media Influencers, Amateur Chefs, Nutritionists, Health Professionals who cook to compete for the title of the Healthy Canadian Chef.

Each contestant will have several Canadian based ingredients and have a set amount of time to make their dish. The product must reflect our Canadian culture and be healthy.

The contest would be judged by local professional talent in the food industry, media and wellness.

**CONTEST DATES:** If you are chosen to appear on the TV show, you must be available to have our TV crew interview you between Oct 1-18th and then compete in early November (date to be determined between Nov 1st and 15th)

**RULES:** The contestants must be able to prepare a dish that represents 'Canadian-ness'. We would be looking for eccentric flair and idiosyncratic contestants. Must be 19 years of age or older. Must be a Canadian citizen. Must be available to shoot in the Greater Vancouver Area. Must be available on dates specified.

**ENTRY:** 3-5 CONTESTANTS will be chosen on a first come first qualified basis at producers choice. Please send a full body shot and head shot to:

**[info@mcnabblimited.com](mailto:info@mcnabblimited.com)**

**Name:**

**Address:**

**City:**

**Phone Number:**

**DOB:**

**Canadian ID:**

**Occupation:**

**A little bit of information about yourself:**

**Why you want to be on the show:**

