



## NFCR's National Nutrition Month Recipe Contest Video Tips & Requirements

Thank you for your interest in participating in our National Nutrition Month Recipe Contest. In order to make this year's program more engaging, we are asking each contestant to upload a short 20-90 second video highlighting their original recipe.

### Video Requirements Include:

- State the name of your recipe and highlight which ingredients are your key 'cancer-fighting foods'.
- Show an image or short clip of your ingredients, the prep steps, and the final product.
- Optional: Tell us why you enjoy cooking and how you make it a part of your healthy lifestyle.

### Video Tips:

- Make sure your lighting is good and your picture isn't too dark. Appearance goes a long way in making food look appetizing!
- Don't move around too quickly, make sure people can follow along.
- Place the camera close to the food processing area
- Select a good camera angle to avoid blocking the camera by your hands!
- Have fun!
- Watch NFCR's Cancer-Fighting Lifestyle Videos for Inspiration [here](#).

