



Nunavut Day 2022

Home Cook Challenge

Submit your favourite northern recipe!

**Deadline for participants to apply is July 3.
Winners will be announced on Nunavut Day!**

To qualify you must be a home cook and not a professional cook or chef from any Nunavut establishment.

Prizes:

In each of the three regions (Kivalliq, Kitikmeot and Qikiqtani), prizes will be awarded to the top three recipes for each category.

12 and under

- 1st place – \$500.00
- 2nd place – \$300.00
- 3rd place – \$200.00

13 and over

- 1st place – \$3,000.00
- 2nd place – \$2,000.00
- 3rd place – \$1,000.00

Recipes will be judged by professional northern chefs with points given for the following:

- 15 points for affordability and nutrition
- 15 points for presentation and reason for choice
- 20 points for Inuksiutit Bonus
- 25 points for complete recipe
- 25 points for complete method

I have included the following with my application:

- List of Ingredients
- Method of Preparation
- Photo of Completed Dish
- I understand I can only submit one entry

I understand that my name, recipe, and photo of my completed dish may be published in a cookbook produced by Nunavut Tunngavik Inc.

Legal Consent:

If you are under the age of 16 you will need to provide the name of a supervising guardian to participate in the contest and receive any prize.

Supervising guardian consent:

Name: _____

Signature: _____



Nunavut Day 2022 Home Cook Challenge

To participate in the Home Cook challenge, please fill out the form below
and send it with your recipe and photo to:
homecookchallenge@tunngavik.com

Deadline for Entry: July 3, 2022
Winners Announced: July 9, 2022

Name: _____ Associated community: _____

Phone: _____ Email: _____

Please check your age bracket: 12 and under 13 and over

Tell us why you chose this recipe:

List of ingredients:



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Method of preparation: