



Eighth Annual Hands-on Cook-off Contest



**Got a recipe? Make a video & share it -
Win up to \$1,000 cash!**

How: Make a 3-minute video with a child, grandchild, neighbour, niece, nephew or friend that shows how to cook a favourite recipe (breakfast, BBQ, pizza, salad, dinner, snack, dessert, anything – you decide).

What: You could win prizes worth up to \$1,000 cash.

When: April 18 – May 18, 2017

Where: Enter your video online & view contest rules at bettertogetherbc.ca/contest

Better Together invites you and your family to Cooking + Fun + Family at our 8th Annual Hands-On Cook-Off Contest! We know it can be hard to find the time to cook and eat together as a family. At Better Together, we offer a community for families to find inspiration, tips, recipes, nutrition and more. Find us at bettertogetherbc.ca.

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