

NAMI Green Book Submission Guidelines

In an effort to eliminate stigma and reinforce the importance of healthy eating and mental health wellness, NAMI-NYS is collecting recipes and holding a contest for artwork submissions for the NAMI Green Book Cookbook fundraiser. All entries must follow the guidelines outlined on this document. Participants will be required to complete a “Consent to Publish Authorization and Release Form” which will be emailed to each participant. The “Green Book” is the sole property of NAMI New York State and all proceeds from book sales will go directly to NAMI-NYS. No compensation will be given for entries submitted or included in the final publication.

Submission Deadline for all entries: February 28, 2017

Recipe Guidelines:

1. All recipes must be submitted in MS Word with 12pt Font by email to namigreenbook@gmail.com. All Mac Book word pages should be converted to MS Word.
2. The last page of each recipe submission should have the following information: First and Last Name, Email Address, Contact Phone Number, Mailing Address.
3. All recipes should include a list of ingredients with the required measurements (e.g. 1 tablespoon / 1 cup). PLEASE DO NOT ABBREVIATE any measurements – PLEASE SPELL THEM OUT.
4. All recipes must also include the required steps for making the recipe, cook time (if applicable), oven temperature, equipment needed, etc.
 - Please Note: All recipes submitted must also contain a paragraph describing your personal story / connection to mental illness. Stories and artwork will be included and placed in The Green Book at the sole discretion of NAMI-NYS.
5. Recipe Ingredient Guidelines:
 - a. All recipes must contain vegetables or fruits. Preference will be given to recipes that contain green vegetables and/or green fruits.

- b. The number of ingredients (excluding herbs and spices – salt or sugar) must not exceed 10 ingredients. Preference will be given to recipes that contain less than 10 ingredients.
- c. Preparation time for recipes should not exceed 30 minutes (this does not include cook time or time to marinate ingredients).
- d. Fresh ingredients should be used whenever possible (e.g. fresh tomatoes over canned tomatoes). Preference will be given to recipes that do not contain refined, processed foods (non-organic) or pre-packaged foods.
- e. Ethnic food submissions are encouraged.
- f. Recipe categories are:
 - i. Appetizers
 - ii. Soups and Smoothies
 - iii. Entrees (Dinner)
 - iv. Side Dishes
 - v. Desserts

Art Contest Guidelines:

- All Artwork submissions should be sent either as a hard copy in a protected cylinder via USPS mail to the address below or as a high resolution jpg file – hard copies are encouraged.
- Submissions to be considered for the NAMI Green Book Cover must include the color Green and fully reflect the theme of “The Green Book”:
 1. Physical Wellness
 2. Healthy Eating (Organic Food)
 3. Mental Health Awareness
- Artwork can contain representations of any food group, but it must contain representations of vegetables, with a preference for green vegetables.
- Artwork cannot contain representations of canned, packaged or artificial foods.
- Other artwork submitted for consideration must does not have to be limited to the color green or to any one food group. Artwork from NAMI members will be used generously to the extent possible throughout The Green Book.
- All artwork must be accompanied by a paragraph describing the personal connection to mental illness. Stories and artwork will be included and placed in The Green Book at the discretion of NAMI-NYS.