



## **CFChef Recipe Submission Guidelines**

This document outlines the **Submission Guidelines** to submit a recipe to the “Share Your Recipe” tab of the **CFChef** website found at [www.Chef4CF.com/recipe-program/submit-recipe](http://www.Chef4CF.com/recipe-program/submit-recipe).

### **ELIGIBILITY REQUIREMENTS**

- RECIPES CAN BE SUBMITTED ANY TIME FOR INCLUSION ON THE CFChef WEBSITE.
- By participating, individuals agree to be bound by the website Terms of Use, these Submission Guidelines and the decisions of AbbVie Inc., which are binding and final on matters relating to this online resource.
- Legal U.S. residents physically residing in the fifty (50) United States and the District of Columbia may submit a recipe. Individuals under the age of 14 are unable to submit recipes. Recipes submitted by individuals outside of the United States, Puerto Rico, the U.S. Virgin Islands, U.S. Military installations in foreign countries, all other U.S. territories and possessions, and wherever else restricted or prohibited by law will not be eligible to submit a recipe. This program is sponsored by AbbVie Inc. (“AbbVie”). It is not necessary for individuals to currently take any product marketed by AbbVie.
- Recipes must be submitted by individuals with a diagnosis of cystic fibrosis (CF) or relatives or friends of CF patients.

### **RECIPE SUBMISSION INFORMATION**

- Recipe photos uploaded to the “Share Your Recipe” page must be 30 MB or less. If an individual attempts to upload a photo over 30 MB, they will be redirected to an error page.
- Recipes must contain at least two ingredients but not more than twelve ingredients.
- Recipes for alcoholic beverages/cocktails are not eligible.
- Recipes should be free of alcohol, prescription medications, over-the-counter medications and illegal drugs.
- Recipes taken directly from cookbooks, television shows, online resources and other sources are not eligible.
- Each individual can submit as many recipes as he or she would like.
- Each individual must include a brief statement describing their connection to CF (see the “Recipe Story” section of the online submission form).
- The recipe submission must be an original work created by the person submitting.
- Recipes must not have been previously published, must not be awaiting publication, nor may be submitted for publication consideration while featured on the CFChef website.
- Individuals may enter as many recipes in each of the recipe categories (i.e. Breakfast, Lunch, Dinner, Snacks, Desserts, and Drinks & smoothies).
- Recipes must be in English and must list all ingredients in exact common U.S. household measurements and include step-by-step preparation instructions (without use of narrative language) and must include cooking times and number of servings.
- All ingredients used must be widely available and found in most U.S. grocery stores.



- Each recipe will be reviewed for nutritional content by a qualified dietitian and AbbVie in its sole discretion will decide whether to approve each submitted recipe for posting to Chef4CF.com, a decision which will be final.

## **RECIPE SUBMISSION & POSTING PROCEDURES**

Fill in all information requested on the recipe form completely. Each recipe should be submitted only once. AbbVie is not responsible for any changes or effects caused to the individual's computer system as a result of submitting electronic submissions.

Only recipes submitted via the electronic submission form provided on the website will be accepted. Recipes submitted via any other method, including but not limited to U.S. Postal Service, facsimile or other express delivery services, will NOT be accepted. AbbVie and its promotion agencies are not responsible for phone, network, electronic or computer hardware or software failure, or technical failures of any kind, whether or not caused by AbbVie or individuals submitting the recipe.

Each submission will be reviewed by a qualified dietitian that has been retained by AbbVie and AbbVie in its sole discretion will decide whether to approve each submitted recipe for posting to Chef4CF.com, a decision which will be final. By submitting recipe(s), individuals accept all submission guidelines. Individuals also agree that their recipe(s) becomes the sole property of AbbVie regardless of whether or not the recipe is posted to the "Recipes" tab, and AbbVie reserves the right to edit, adapt, copyright, publish, transfer and use any or all of them in any media now known or hereinafter invented, for any purpose, without time or territorial limitations, without the individual's consent and without compensation to the individual.

All issues and disputes regarding any aspect of the submission process for the **CFChef** Recipes, including, but not limited to the construction, interpretation and enforceability of these submission guidelines, shall be governed by the laws of the state of Illinois, without regard to principles of conflicts of laws. All suits and claims shall be brought in a court of competent jurisdiction situated in Illinois.

## **PRIVACY POLICY**

AbbVie will never, under any circumstances, sell or otherwise distribute your personal information or cell phone numbers to third parties. AbbVie will never market to you directly any services for which you have not opted in, either by cell phone, text message or email. Upon submission of a recipe, AbbVie has permission to post your first name, last initial, and all details related to the recipe to Chef4CF.com.