

The Bean Challenge: Plant-Based Recipe Competition – Recipe Contest Guidelines

The **Humber Polytechnics - Nutrition Club** is proud to present a **plant-based culinary competition** for the Humber College community. We invite Humber students interested in food, nutrition, and sustainability to create an **original recipe featuring dried beans as the principal ingredient**, generously provided by our sponsor, Hensall Co-operative ([Home Hensall Co-op](#)).

Participants are encouraged to create a **nutritionally adequate dish for adults** that combines **creativity and practicality**. All submitted recipes will be evaluated by a panel of judges, and a winning recipe will be selected on March 9th, 2026.

Contest Format

❖ Bean Request

All contestants will receive ~ 200 g of dry beans of one specific type to support the preparation of their dish. To request your beans, please complete the **Bean Request Form**:

<https://forms.gle/bcfk85qHd2HCUpiR9>

Important Notes:

- Beans will be distributed on a first-come, first-served basis.
- If your requested type is unavailable, you may need to select a different type.
- Beans will be provided at Humber College – North Campus, E Concourse, with prior coordination.

❖ Written Recipe Submission

Contestants must submit a **written recipe** to nutritionclub.humber@gmail.com by **Friday, February 20th, 2026**. The subject of the email must be: **The Bean Challenge - Full name**.

Your written recipe should include:

1. **Recipe Name** – creative and descriptive.
2. **Brief Inspiration** – 2–3 sentences explaining the idea behind your dish.
3. **Ingredients & Amounts** – yield for 6 servings.
4. **Preparation Steps** – detailed, step-by-step instructions.
5. **Picture of Final Dish** – attractively plated, JPEG format.
6. **Nutritional Value Description** – explain how your ingredients contribute to adult nutrition (e.g., Carrots are a good source of vitamin A, which is important for good eye

health). Optional: include a **nutrition facts table**. Guidance to elaborate this is available at nutritionclub.humber@gmail.com.

Important Notes:

- Students must provide all ingredients themselves, except for the beans supplied, to practice their recipe before submission.
- If your recipe is selected as a finalist:
 - The Nutrition Club Executive Team will prepare your dish to ensure that the recipe is simple and easy to follow.
 - Finalist recipes will be cooked in the Humber Polytechnic kitchen labs on March 9th, and the winner will be selected the same day.
 - Finalists are welcome to attend the final judging, but if you cannot make it, don't worry — the judging process and results will be shared on the Nutrition Club's official Instagram (@humber_nutrition_club) the same day.

❖ **Judging Criteria**

Recipes will be evaluated on:

- Creativity of recipe name and concept.
- Nutritional adequacy for adults.
- Simplicity and clarity of preparation steps.
- Visual appeal.
- Taste.

❖ **Additional Information**

- All submissions will be evaluated by the **Nutrition Club Executive Team** and the **judging panel**.
- Winners will receive a prize, and all finalist recipes and their creators, will be proudly featured on the Nutrition Club's official Instagram.

Important Dates

Bean Request Submission Deadline	February 20, 2026
Written Recipe Submission Deadline	Friday, February 27, 2026
Finalist Announcement	Friday, March 6, 2026
Lab Preparation & Final Judging	Monday, March 9, 2026