

ChangeSmart Share-A- Photo Competition

Judging Criteria

1	Photo content: (30%) <ul style="list-style-type: none"> • Appropriateness – suitability of salt reduction for submitted dish type • Impact on overall sodium intake
2	Description content: (30%) <ul style="list-style-type: none"> • Appropriateness – suitability of salt reduction for submitted dish type • Impact on overall sodium intake
3	Overall impression of photo & content: (20%) <ul style="list-style-type: none"> • Overall healthfulness • Potential social impact – inspirational power • Photo quality - Colour, lighting, exposure, focus and overall quality of photo
4	Creativity: (10%) <ul style="list-style-type: none"> • Innovative food tips • Innovative means of influencing people to be the same as you
5	Bonus (10%) <ul style="list-style-type: none"> • Bonus points may be awarded for multiple entries, should it reflect participants' continued efforts in reducing their overall sodium intake.

Competition terms and conditions:

- This competition is only opened to current YH staff with valid employee ID including outsourced business partners.
- We encourage multiple entries.
- Submitted photo must be original work, maximum 3 MB.
- By entering this competition, participants agree that photos submitted can be used by YH Nutrition & Dietetics for educational purposes.
- Submissions must be submitted by 4 Oct 2021 2359hr.
- Competition finalists will be announced on 8 Oct 2021 and the winners will be notified via mobile phone.
- The judges' decision is final.