Cook with your kids and you could **Win $15,000** for your family and **$30,000** for your school cafeteria!

Enter the Ben’s Beginners™ Cooking Contest to help you and your school win big!

Five winning families will receive $15,000 plus $30,000 cafeteria makeovers for their schools.

**How to Enter:**
- Make a short, fun video of your child preparing a healthy rice dish.
Let’s Get Kids Cooking Right from the Beginning!

Dear Parent:

We’re on a mission to inspire healthy beginnings in life by encouraging parents and kids to cook together. The Uncle Ben’s® Ben’s Beginners™ Cooking Contest is our way of making it more fun and rewarding.

Begin with these three steps:

Step 1: Cook a rice-based dish with your child.

Step 2: Make a video showing their enthusiasm for cooking and the fun things they learned.

Step 3: Upload your video to bensbeginnerscontest.com.

Helpful hints

- Don’t forget to only feature one child per video. A family with multiple children may submit more than one video featuring different children (with a limit of five videos).
- Set up a timer so you know how long you have to talk (remember, all videos must be three minutes or less).
- Try writing an outline for your video. Parents should be in the video too. Ask your child to discuss what they are doing. It may ease the nerves.
- Making a drawing of your meal may make it easier for children to talk about the experience.
- Are there costumes, intro credits or props you can incorporate? Remember, points go to creativity and fun!
- For more helpful tips and delicious recipes go to www.unclebens.com

Thanks for your participation. Now’s a great time to begin cooking!

The Uncle Ben’s® Brand Team