

Nutrition Hackathon rules

Eligibility

In order to participate in the FC Institute nutrition challenge one must:

- Be a second year or older BSc student or MSc student in the field of nutrition and health. This includes students in the field of dietetics.
- Be fluent in the English language.
- Be available on the nutrition challenge date: Friday 5th of November 12.30 CET, until Saturday 6th of November 14.00 CET.
- Have access to a computer and internet connection.
- Have access to MS Teams, Google Drive and Google Docs, and know how to work with these programs.

Team formation

After you sign up, you will be matched to other participants from the same country or region. The first meeting will be arranged, after that you will be responsible for arranging your own team meetings. It is also possible to sign up as a whole team or part of a team. For instance, duos will be matched with other participants to form a complete team. Teams will consist of maximally 6 members. Contact details of all team members need to be included.

Project development

Your team will work on the following topic:

Truth or dairy: investigate misconceptions ("myths") on dairy, health and sustainability, such as:

- Relationship between dairy and weight gain/overconsumption
- Dairy causes cardiovascular diseases
- A vegan diet is the most sustainable
- All milk alternatives are healthier than dairy
- Milk contains harmful hormones
- Dairy is only for children, not for adults

In this nutrition challenge, you will explore what can be the role of dairy in a healthy and sustainable diet by investigating a misconception or "myth" of choice. For university students, this should be done using scientific literature. For dietetics students, the knowledge on dairy should be applied more concretely, for example in day menus or dietary advice.

The end product will be a creative product of your choice, in understandable language and accessible to a broad audience. The end product should be based on credible sources. Examples of the end product could be: a podcast, video (e.g. via Animaker), TikTok, small cookbook, brochure, menu, infographic magazine or webpage (e.g. Wikipage). Since dietary preferences differ per culture and country, you should make your end product locally applicable. Good luck!

Application deadline

The deadline for applying is October 22nd. Spots are limited so apply as soon as possible so you don't miss out!

Attendee code of conduct

The nutrition challenge is an inclusive event for everyone, regardless of gender identity, sexual orientation, disabilities, ethnicities, nationality, race, age, religion, or other categories. Interact with each other in a respectful manner. Harassment, discrimination and condescension are not tolerated. When the code of conduct is violated, we will respond appropriately.

Intellectual ownership

By participating in the FC Institute Nutrition Challenge, the participant:

- Declares that the end product is an original work and is the property of the participating team.
- Acknowledges that a summary with visual representation (pictures, end products) of the event will be posted on the FrieslandCampina Institute website and social media.

Questions

If you have questions on the nutrition challenge or your eligibility, please send an email to institute@frieslandcampina.com