

2023 GALLIOVA AWARDS NOTES TO ENTRANTS AND T'S & C'S

Aim of the awards

The Galliova Awards (Galli= Latin for chicken, ova = egg) are awarded annually to the best food and health media in South Africa, whether their work is published in print magazines, newspapers, or online platforms.

The Galliova Awards are sponsored by the Egg and Broiler Producers of the South African Poultry Association (SAPA). The 2023 Galliova Awards are open to food and health media of South African print and online publications, and food/health social media influencers.

The goal of the Galliova Awards is to recognise excellence in the overall promotion of food culture, affordable eating, food writing, visual appeal, food styling and the evident support of locally produced poultry products, including both eggs and chicken. The Galliova Health Writers' award recognises excellence in balanced and evidence-based reporting on health, including nutrition related issues with an inclusion of eggs &/ chicken.

As per 2022 all the categories remain the same i.e., Galliova Food Writer, Galliova Food Stylist, Galliova Health Writer, Galliova Egg Champion, Galliova Chicken Champion, Galliova Digital Content Creator and the Galliova Champion. However, an exciting new category has been introduced for 2023; the Galliova Egg Hero. Essentially the Galliova Egg Hero is open to all food and health writers and social media influencers whose content appeals to budget conscious South Africans with limited disposable income.

Each awards category entered must be submitted as a separate PDF file and accompanied by one entry form with the categories being entered, clearly marked. Entrants may enter as many categories as applicable.

All details, criteria and further information can be found below.

Entry Period:

The entry period for the Galliova Awards 2023 is now open.

Published print articles from November 2022 to September 2023 are eligible for entry (PDFs for September issues of print publications will be accepted).

Online/digital content entries from September 2022 to end August 2023 are eligible for entry.

All entries must be received by 16h00 Friday 1st September 2023

Late or incomplete entries cannot be considered.

Please send a follow up email to confirm receipt of your WeTransfer entry submission to lauren@protactic.co.za

All entries will be acknowledged by e-mail.

***Please note:** SAPA cannot be held liable or responsible for the late arrival of entries.

Award Categories:

The 34th Galliova Awards will honour food and health media within the below categories:

Eight category awards worth a total of R214 000 will be presented this year. These include:

1. Galliova Food Writer (Food print & online media). First prize R25 000 and the runner up R6 000.
2. Galliova Food Stylist (Food print & online media). First prize R30 000 and the runner up R8 000.
3. Galliova Health Writer (Health print & online media). First prize R20 000 and the runner up R5 000
4. Galliova Egg Champion (Food/health print & online media). First prize R20 000 and the runner up R5 000.

5. Galliova Chicken Champion (Food/health print & online media). First prize R20 000 and the runner up R5 000.
6. Galliova Digital Content Creator (South African credible digital food content creators who have their own website and a minimum of two linked social media platforms). First prize R20 000 and the runner up R5 000.
7. Galliova Egg Hero (Food/health: print & online media and digital content creators). First prize R20 000 and the runner up R5 000.
8. Galliova Champion (Judges will select one entrant from the winners in the above seven categories, whom they believe deserves this prize). One prize R20 000.

A first prize and a runner up prize will be awarded for all categories in 2023, with the exception of one prize only for the Galliova Champion.

Categories and criteria 2023

Galliova Food Writer (open to food media only – not food bloggers/digital content creators)

All food media representing South African magazines, newspapers and credible online publications are eligible to enter the Galliova Food Writer category.

The food submissions for this award need to show; originality, creativity, and an overall passion for food excellence as well as an understanding and the inclusion of eggs &/ chicken; in at least one of the articles. The following criteria will be taken into account for the Galliova Food Writer's category:

Criteria:

- Entrants into this category must have written in-depth/detailed food articles and may not enter food features which contain only visuals, recipes, snippets and captions. The articles entered may however include visuals, recipes, snippets and captions, which accompany the full food articles.
- Articles must be original, well researched and may not be sponsored articles supplied by outside organisations, nor may entrants submit work written by another writer.
- Clarity, easy to understand and enjoyable and informative reading is important.
- Although this category will focus on food writing, visual and appetite appeal will also be taken into consideration.
- Relevant and informed use of eggs &/ chicken should be included in at least one of the articles. Other articles submitted may cover the overall passion for food excellence.
- If recipes are included, they must be factually correct, concise, relevant and understandable.
- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Minimum 4 and maximum 10 articles per person will be accepted. No more and no less please.
- You may use the same articles to enter into other categories if relevant e.g., if you are entering articles into the Egg/ Chicken Champion categories, it is recommended that you use these articles for this category as well.
- Save all of the articles for this category into one PDF file, so that each article flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting an online article, include a screen grab of the article with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Food Stylist (open to food media only – not food bloggers/digital content creators)

All food media representing South African magazines, newspapers and credible online publications are eligible to enter the Galliova Food Stylist category. Eligible entrants will be responsible for recipe development, content creation and styling for the particular publication/s they represent.

The food submissions for this award need to show; originality, creativity and an overall passion for food excellence as well as an understanding and the inclusion of eggs &/ chicken; in at least one of the features/snippets/recipes.

The following criteria will be taken into account for the Galliova Food Stylist's category:

Criteria:

- Entrants into this category may enter food features which contain only visuals, recipes, snippets and captions.
- Additional points will be given to entrants who supply simple and relevant food tips to readers
- Features must be original, informative and visually appealing and may not be sponsored articles supplied by outside organisations, nor may entrants submit work written by another food stylist.
- Clarity, easy to understand and enjoyable reading is important.
- Relevant and informed use of eggs &/ chicken in at least one of the features/snippets/recipes.
- Recipes must be factually correct, concise, relevant and understandable. Other features submitted may cover the overall passion for food excellence.
- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Minimum 4 and maximum 10 features/snippets/recipes per person will be accepted. No more and no less please.
- You may use the same features to enter into other categories if relevant e.g., if you are entering features/snippets/recipes into the Egg/ Chicken Champion categories, it is recommended that you use these features for this category as well.
- Save all of the features for this category into one PDF file, so that each article flows from one page to the next and judges do not have to open different folders to view different features. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting an online feature, include a screen grab of the feature with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Health Writer (open to health writers only)

All health writers representing South African magazines, newspapers and credible online publications are eligible to enter the Galliova Health Writer category.

Health media who have shown overall excellence in health writing, including understanding and informed referencing to eggs &/ chicken will be eligible to enter the Health Writer category.

The following criteria will be taken into account for the Health Writer's category:

Criteria:

- In order to qualify for entry, all entrants will be required to make mention of the health benefits of eggs &/ chicken in at least one of the articles.
- Originality, creativity and innovation. Articles must be original and informative and may not be sponsored articles supplied by outside organisations, nor may entrants submit work written by another health writer.
- Scientific accuracy and credible sources consulted.
- Objectivity & balance, perspective & angle of article.
- Contribution to contemporary debates and accessibility to target audience.
- Independent of commercial and other influences including sponsored articles.

- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Minimum of 3 full length articles plus 2 snippets or a maximum of 10 articles per person will be accepted. No more and no less please.
- You may use the same articles to enter into other categories if relevant. relevant e.g., if you are entering articles/snippets/recipes into the Egg/ Chicken Champion categories, it is recommended that you use these articles for this category as well.
- Save all of the articles for this category into one PDF file, so that each article flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting an online article, include a screen grab of the article with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Egg Champion (open to food & health print and online media only – not food bloggers)

All food/health media representing South African magazines, newspapers and credible online publications are eligible to enter the Galliova Egg Champion category.

Criteria:

- Submissions for the Galliova Egg Champion category will be required to include at least one full length egg feature within the submission. This feature will need to highlight eggs and not only include eggs as an ingredient in recipes or just as a mention in an article - both food and health media.
- Food media entering the Galliova Egg Champion category must display an overall promotion of eggs, provide interesting information about eggs and also use eggs creatively with visually appealing egg-related visuals.
- The health writer entering the Galliova Egg Champion category will need to inform readers in an inspiring and innovative manner about the health benefits of eggs as part of a balanced diet.
- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Food media entering this category should submit a minimum of 1 full length egg feature and a maximum of 10 other egg articles/features/snippets/recipes. No more and no less please.
- Health writers entering this category should submit a minimum of 1 full length egg related article plus two egg related articles/features/snippets/recipes. No more and no less please.
- Please do not include any other articles/features/snippets/recipes into this category if they are not egg focussed.
- You may use these articles/features/snippets/recipes to enter into other categories if relevant i.e., Food Writer/Food Stylist/Health Writer categories.
- Save all of the articles/features/snippets/recipes for this category into one PDF file, so that each articles/features/snippets/recipe flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting online articles/features/snippets/recipe, include a screen grab of the article with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- If there is more than one entrant from the same publication for the Galliova Egg Champion, one egg feature published between November 2022 to September 2023 (or September 2022 to end August

2023 for online articles), will need to be included in each entrant's submission, even if it is by another contributor, to show that the publication has promoted eggs during this period.

- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Chicken Champion (open to food & health print and online media only – not food bloggers)

All food/health media representing South African magazines, newspapers and credible online publications are eligible to enter the Galliova Chicken Champion category.

Criteria:

- Submissions for the Galliova Chicken Champion category will be required to include at least one full length chicken feature within the submission. This feature will need to highlight chicken and not only include chicken as an ingredient in recipes or just as a mention in an article - both food and health media.
- Food media entering the Galliova Chicken Champion category must display an overall promotion of chicken, provide interesting information about chicken and also use chicken creatively with visually appealing chicken-related visuals.
- The health writer entering the Galliova Chicken Champion category will need to inform readers in an inspiring and innovative manner about the health benefits of chicken as part of a balanced diet.
- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Food media entering this category should submit a minimum of 1 full length chicken feature and a maximum of 10 other chicken articles/features/snippets/recipes. No more and no less please.
- Health writers entering this category should submit a minimum of 1 full length chicken related article plus two chicken related articles/features/snippets/recipes. No more and no less please.
- Please do not include any other articles/features/snippets/recipes into this category if they are not chicken focussed.
- You may use these articles/features/snippets/recipes to enter into other categories if relevant i.e., Food Writer/Food Stylist/Health Writer categories.
- Save all of the articles/features/snippets/recipes for this category into one PDF file, so that each articles/features/snippets/recipe flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting online articles/features/snippets/recipe, include a screen grab of the article with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- If there is more than one entrant from the same publication for the Galliova Chicken Champion, one chicken feature published between November 2022 to September 2023 (or September 2022 to end August 2023 for online articles), will need to be included in each entrant's submission, even if it is by another contributor, to show that the publication has promoted chicken during this period.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Egg Hero (open to food & health print and online media, food & health bloggers and social media influencers)

All food media representing South African magazines, newspapers, credible online publications and social media influencers are eligible to enter the Galliova Egg Hero category.

Criteria:

- Submissions for the Galliova Egg Hero category will be required to include at least five egg recipes plus three original egg tips/snippets/health facts or at least one egg feature plus three original egg

tips/snippets within the submission. Recipes will need to highlight eggs as the hero of the recipe and not just as one of the ingredients.

- This category differs from the Galliova Egg Champion Award as affordability of the recipes provided and special consideration to budget restraints is imperative for this category i.e., low-cost meals for any time of the day.
- Understanding and addressing the specific publication's target market.
- Recipes submitted for this category must be affordable and appeal to budget conscious South Africans with low disposable income. For example, all the ingredients for a meal for 2 should not cost over R50 and a meal for 4 should not cost over R100. An estimate of costs for all recipes should be included.
- Bonus points will be given for the overall promotion of eggs, any extra educational/health information about eggs or tips on egg preparation will be favourably acknowledged. Originality and creativity are important. If using information supplied by Protactic on behalf of SAPA, sourcing and adding your own information is strongly recommended.
- The recipes should contain minimal and inexpensive ingredients which are locally available. Using everyday South African pantry staples or leftovers will be favourably acknowledged.
- Preparation should be quick and easy and other methods of cooking should also be taken into consideration e.g., cooking on gas/paraffin stoves or on an open fire.

Requirements:

- Media entering this category should submit a minimum of five egg recipes plus three original egg tips/snippets or a minimum of one egg feature plus three original egg tips/snippets within the submission. No more and no less please.
- You may use these recipes/articles/snippets to enter into other categories if relevant i.e., Food/health Writer/Food Stylist/Egg Champion categories.
- Save all of the recipes for this category into one PDF file, so that each recipe flows from one page to the next and judges do not have to open different folders to view different recipes. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- If submitting online recipes, include a screen grab of the recipe with a link to the full live article. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

Galliova Digital Content Creator (open to food & health digital content creators)

This category is open to South African digital food and digital content creators who have their own operational and credible online and social media platforms dedicated to food/nutritional writing/content including two or more of the following: website/blog and/or social media platforms such as: (Facebook/Instagram/Pinterest/TikTok/YouTube/Twitter).

These digital food/health content creators need to show; originality, creativity and an overall passion for food excellence as well as an understanding and the inclusion of eggs &/ chicken; in at least one of their entries.

Criteria:

- Relevant and informed use of eggs &/ chicken in at least four of the articles/posts. Other articles submitted may cover the overall passion for food excellence.
- Entrants into this category may enter any food features which contain articles/features/visuals/recipes/snippets/captions.
- Features must be original, informative and visually appealing and although sponsored features may be included, they should be complementary to egg &/ chicken and may not be that of direct competitors nor features sponsored by SAPA
- Clarity, easy to understand and enjoyable reading is important.

- Recipes must be factually correct, concise, relevant and understandable.
- Understanding and addressing the specific publication's target market, including affordability of the recipes provided and regard of budget restraints should be considered.

Requirements:

- Minimum 4 and maximum 10 articles/posts per person will be accepted. No more and no less please.
- Digital food/health content creators may enter into the Galliova Digital Content Creator and the Galliova Egg Hero categories and will also be considered for the Galliova Champion Award.
- Details of a minimum of two social media platforms including links, where specific content has been posted, to be included with entry.
- Save all of the articles/features/recipes, plus any social media posts linked to the articles/features/recipes for this category into one PDF file, so that each article flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- All articles/features/recipes/posts submitted must include a screen grab of the article/post with a link to the full live article/post. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required for the above-mentioned category, this category will not be awarded for 2023.

The Galliova Champion Award

- The seven winners, from each category, will automatically be entered into this category. This person will be judged according to their overall promotion of locally produced poultry products, including both eggs and chicken as well as excellence in promoting food culture, food writing, visual appeal and food styling.
- Should the judges decide that there is no entrant who fits the criteria nor meets the standard required, this category will not be awarded for 2023.

Selecting categories to enter:

- Media may enter more than one category if they qualify according to the above criteria. Digital food content creators may not enter any other categories other than the Galliova Digital Content Creator and the Galliova Egg Hero category.
- As the awards are sponsored by the South African Poultry Association, entrants who deliver exemplary work in promoting South African poultry products, will stand a greater chance of winning.

Submitting your work:

- You may enter your own work from more than one publication, if you write for more than one publication.
- Fill in the entry form below and tick each category you wish to enter – do not tick categories you are not entering.
- Each category you enter must have its own PDF folder (saved according to the category name being entered).
- The PDF per category must be one single PDF only so that each article flows from one page to the next and judges do not have to open different folders to view different articles. If you are unsure how to do this a separate document is available on request – email lauren@protactic.co.za
- Each different article/snippet/recipe should be clearly marked with the publication name and date of publication.
- For any online articles which include a link, take a screen grab of the article and embed the link in the screen grab image or paste the link below the image. Please ensure that all links are working before you submit your entry.

- Digital food content creators may only enter articles/recipes from their own blog.
- Complete and sign the entry form, scan and save as a PDF. This document to be included with submission.
- Submit your entry via WeTransfer to lauren@protactic.co.za

Cost:

There is no entry fee.

Judging:

Entrants will be judged on the above set criteria and by a panel of judges. All food entries will be judged by a panel of six judges and health entries by two judges. Each category will be scored out of 100. Following the scoring process, the judges will meet virtually in September to discuss scoring of the entries in order to ensure that the judging process is fair and transparent and to determine finalists.

Galliova Awards Ceremony

An invitation-only awards ceremony on 20th of October 2023 will be held in Cape Town.

General Rules:

1. The competition is organised by the South African Poultry Association (SAPA).
2. In the event of any dispute regarding the rules, conduct, results and all other matters relating to the competition, the decision of SAPA and the judges shall be final, and no correspondence or discussion shall be entered into.
3. Should any of the above listed categories receive less than 3 entries or if the standard of entries does not meet the required criteria, SAPA reserves the right to exclude this category from the 2023 Galliova awards.
4. Should any of the above listed categories not receive entries which fit the criteria nor meet the standard required for the category, that particular category will not be awarded for 2023.
5. By entering the competition, you hereby warrant that all information submitted is true, current and complete. SAPA reserves the right to verify the eligibility of all entrants.
6. As the awards are sponsored by SAPA, entrants for the various awards should ensure that eggs &/ chicken are included in some of the articles as stipulated above to show that their publication has promoted eggs &/ chicken during this period.
7. The Galliova Awards is a South African competition sponsored by the South African Poultry Association, and serves to promote locally produced poultry, therefore the emphasis on locally produced chicken and eggs will be appreciated.
8. Competition entries must be submitted in the manner and by the closing date and time specified on the notes to entrants. Failure to do so will disqualify the entry. (Please take note of "Submitting your work" section).
9. Entry forms need to be filled out, signed by all entrants and scanned for inclusion with each entry.
10. All submitted scanned articles will be checked against final print copies for authenticity.
11. Only final September magazine proofs will be accepted and checked against final print copies for authenticity. If there are inconsistencies between the proof and the print copy the entry will be discarded.
12. SAPA cannot accept responsibility for any error, omission, interruption, deletion, defect, delay in operation or transmission, communications line failure, theft, destruction, alteration of or unauthorised access to entries, or entries lost, damaged or delayed as a result of load shedding, server functions, technical issues, virus, bugs or other causes outside SAPA's control. Proof of sending is not proof of receipt. Entrants will be notified via email once entries are received.
13. Winners and finalists will not be announced prior to the awards event.
14. The judges reserve the right to move an entry into a different category if they deem it to be more appropriate.

15. Submissions may include published information/articles/recipes & visuals supplied by Protactic on behalf of SAPA, but additional points will be given for original information.
16. In the case/situation where syndicated material is used or where two or more journalists from the same publication submit the same work, the onus will be on the journalists to decide how the prize money should be shared, should one journalist win a Galliova Award.
17. Print and online publication submissions may not include sponsored features; however, food bloggers may do so as per specifications listed under this category.
18. The judges' decision is final, and no correspondence will be entered into.
19. Prizes are awarded at SAPA's discretion, and no prizes will be awarded as a result of improper actions by or on behalf of any entrant. Where entries are being judged on creative or artistic merit or other subjective criteria, SAPA and/or the competition judges (acting reasonably) reserve the right not to select a winner, and/or to remove or amend selection criteria and/or the structure and operation of the competition if entries are not of the requisite standard.
20. Winners may be requested to take part in promotional activity and SAPA reserves the right to use the names and addresses of winners, their photographs and audio and/or visual recordings of them in any publicity.

Contact Lauren Anceriz 072 756 8463 lauren@protactic.co.za or Glynnis Branthwaite 082 557 3919 glynnis@protactic.co.za if you have any queries or require any additional information.