OFFICIAL RULES

1. ELIGIBILITY: Recipe(s) can only be submitted by legal residents of the United States (excluding Rhode Island) or the District of Columbia who are 18 years of age or older at time of entry. The following individuals are not eligible to enter or win: employees; contractors; board members of Prevent Blindness America or any of its subsidiaries and affiliated organizations; advertising, fulfillment, insurance, judging and Contest agencies involved in the administration, development, fulfillment and execution of this Contest (collectively, "Contest Parties"); and the immediate family members (spouse, parent, child, sibling and spouse or "step") and those living in the same households (those persons whether related or not who live in the same residence for at least three months during the twelve-month period preceding the start date of the Contest) of each such employee, contractor, or board member. THE CONTEST IS VOID IN RHODE ISLAND.

2. CONTEST SCHEDULE: You may enter recipes in the Contest between 12:00:01 a.m. Eastern Time ("ET") on November 1, 2013 and 11:59:59 p.m. ET on November 30, 2013 ("Call for Entries Period").

3. TO ENTER: To enter the Contest, visit http://www.preventblindness.org/recipe and follow the instructions during the Call for Entries Period. Your entry should include:

- Recipe name
- List of ingredients with measurements
- Description of how it is prepared
- Explanation about why the recipe entry is healthy for those with diabetes and their eyes
- Full name
- Address
- Phone number
- Email address

Follow the on-screen instructions to properly complete and submit a recipe for the Contest. When prompted, you will be asked to enter your recipe (each recipe is a "Submission") onto the Web Site. Before submitting the Submission, you will be required to agree that you have read and are in agreement with these Official Rules. Once submitted, Submission will not be returned. Sponsor may, in its sole discretion, remove, delete and/or disqualify any Submission and/or Entrant it deems inappropriate or otherwise non-compliant.

RECIPE SUBMISSION:

- The file must be submitted in to the Web Site. No entries will be allowed by any other means (i.e. via regular or overnight mail or email).
- The recipe must be an original work created by the Contest entrant. By entering the Contest, entrant represents, acknowledges and warrants that the submitted recipe is an original work created solely by the entrant, that the recipe does not infringe upon the copy rights, trademarks, rights of privacy, publicity or intellectual property rights of any person or entity and that no other party has any right, title, claim or interest in the recipe.
Prevent Blindness America – Live Right, Save Sight! “Eat for Your Eyes” Recipe Contest (“Contest”) 2013 OFFICIAL RULES

- Recipes that have won any other contests or have been published in magazines and newspapers are not eligible.
- Submitted recipes become the intellectual property of Prevent Blindness America.

ADDITIONAL REQUIREMENTS:
- No entries allowed via mail (USPS, UPS, FEDEX, etc.), email or other medium. The only method to enter is described under “To Enter.”
- Limit one (1) Prize per person, household, email address throughout the Contest Period.
- Each Submission must comply with these Official Rules. In the event of any inconsistency between the two, the terms in these Official Rules shall prevail.
- Each Submission must be the original work of the Entrant; it may not have been entered in or won previous contests or awards; it may not have been published previously in any medium; it must not infringe any party's intellectual property or other rights; it must be suitable for display and publication on the Web Site; it must not contain obscene material, it must not contain defamatory statements (including but not limited to words or symbols that are widely considered offensive to individuals of a certain race, ethnicity, religion, sexual orientation or socioeconomic group), it must not include threats to any person, place, business, group or world peace, it must not invade privacy or other rights of any person, firm or entity, and it must not in any other way violate applicable laws and regulations.
- Each Submission must not contain any copyrighted works (other than as owned by the Entrant). The recipe submitted must be created by the entrant.
- Submissions that do not comply in all material respects with these Official Rules or that otherwise contain prohibited, or inappropriate content as determined by the Sponsors, in its sole discretion, will be disqualified and will not be published or considered for prizes. Sponsors make the final determination as to which Submissions are eligible to take part in this Contest and be considered for a Finalist Prize (State or National).
- By entering this Contest and uploading your Submission, you irrevocably grant to Sponsors and their agents the unconditional and perpetual right to post, display, publish, use, adapt, edit and/or modify such Submission in any way, in any and all media, for any purpose, without limitation, and without consideration to you. Finalists agree to irrevocably assign and transfer to the Sponsors any and all rights, title and interest in Submission, including, without limitation, all copyrights and waive all moral rights in Submission. All Contest Entrants further agree to release and indemnify and hold harmless Prevent Blindness America, Sponsors and the Contest Parties from any and all claims that any commercial, advertising, presentation, Web content or any other material subsequently produced, presented, and/or prepared by or on behalf of Sponsors infringe on the rights of Entrant's work as contained in any Submission.
- The information obtained by entering this Contest, including but not limited to your name, mailing address and email address, will be used by the Sponsor in its capacity as a 501(c) 3 Charitable Organization.

5. SELECTION OF WINNERS:
The decision of this panel is final.

The recipes that fit the criteria of the contest listed on the website (two items from the eye healthy ingredients found along with a diabetes friendly recipe as based on the guidelines listed on the contest webpage) will be eligible to win the prizes. The Winner of the contest will be determined through a
Prevent Blindness America – Live Right, Save Sight! “Eat for Your Eyes” Recipe Contest (“Contest”) 2013 OFFICIAL RULES

lottery system through a random selection of first, second and third place winners from all recipe entries that fit the criteria of the contest. Each Entrant is only eligible to win one prize.

All Winners are subject to verification, including without limitation, verification of eligibility, and compliance with these Official Rules. If attempted notification is returned as undeliverable, if a Winner cannot be verified, or if a Winner is otherwise unable to accept prize, prize will be forfeited and may be awarded to an alternate Winner provided sufficient time remains, in Sponsors' discretion.

Entrants agree that the Sponsors have the sole right to decide all matters and disputes arising from this Contest and that all decisions of Sponsors are final and binding. Winners, by acceptance of the Winner Prizes (defined below), agree to release, indemnify and hold harmless Sponsors and Contest Parties, as well as each of their respective parent and affiliated companies, and each of their employees, representatives, contractors, and advertisers from any and all liability, loss, damage, cost or claim relating to any allegation regarding the acceptance or use of their prize.

6. PRIZE DETAILS: The prize for the single (1) First Prize Winner will be a $200 Amazon Gift Card, for the single (1) Second Prize Winner will be a $100 Amazon Gift Card, and for the single (1) Third Prize Winner will be a $50 Amazon Gift Card. There will be only one prize awarded to each in First, Second, and Third Prize.

7. GENERAL CONDITIONS: Prizes are non-transferable. Unclaimed prizes will not be awarded. If for any reason the Contest is not capable of running as planned, including without limitation, infection by computer virus, bugs, tampering, unauthorized intervention, fraud, technical failures, or any other causes which corrupt or affect the administration, security, fairness, integrity or proper conduct of the Contest, Sponsors reserve the right, at their sole discretion to cancel, modify or terminate the Contest. Further, Sponsors reserve the right, at its sole discretion, to disqualify any individual deemed to be (a) tampering or attempting to tamper with the entry process or the operation of the Contest or any Sponsors or Contest-related Web Site; (b) violating the Official Rules. This Contest is offered only in the United States (excluding Rhode Island) and is governed by the laws of the state of Illinois. All claims relating in any manner to this Contest or to any Submission must be resolved in the federal or state courts located in Cook County, Illinois.

LEGAL WARNING: ANY ATTEMPT BY AN INDIVIDUAL, WHETHER OR NOT AN ENTRANT, TO DELIBERATELY DAMAGE, DESTROY, TAMPER OR VANDALIZE THIS WEB SITE OR INTERFERE WITH THE OPERATION OF THE CONTEST IS A VIOLATION OF CRIMINAL AND CIVIL LAWS AND THE SPONSORS RESERVE THE RIGHT TO SEEK DAMAGES AND DILIGENTLY PURSUE ALL REMEDIES AGAINST ANY SUCH INDIVIDUAL TO THE FULLEST EXTENT PERMITTED BY LAW.

8. WINNER NOTIFICATION: The Winner will be notified by phone and/or email within six (6) weeks of the end of the Contest Period. Any waiver of any obligation hereunder by Sponsors does not constitute a general waiver of any obligation to Entrants. By accepting a prize, agrees, and agrees in writing if requested agrees to irrevocably assign and transfer to Sponsors all of his/her right, title and interest in and to his/her Submission, if any, including all but not limited to all copyright and trademark rights which he or she may have, in the United States and worldwide, therein, for consideration, the receipt and sufficiency of which is hereby acknowledged. Winners hereby waive in favor of Sponsors, all rights of "Droit Moral" or "Moral Rights of Authors" or any similar rights or principles of law that Winners may now or later have to his/her Submission. Sponsors reserve the right to alter, change or modify a winning
Prevent Blindness America – Live Right, Save Sight! “Eat for Your Eyes” Recipe Contest (“Contest”) 2013 OFFICIAL RULES

Submission, in its sole discretion. Upon request of Sponsors, Winners shall execute and deliver such additional instrument of assignment, as may be solely deemed by Sponsors, reasonably necessary to establish the ownership of record of the right, title and interest in and to the Submission and of the copyrights transferred and “Moral Rights of Authors” waived under these Official Rules. Should Sponsors fail to request the said assignment as stated, that shall not be deemed a waiver of Sponsors’ rights and Sponsors may at a later time request the assignment.

9. LIMITATIONS OF LIABILITY AND RELEASE: No liability or responsibility is assumed by Prevent Blindness America or any of its subsidiaries and affiliated organizations, Sponsors or Contest Parties resulting from any user's participation in or attempt to participate in the Contest or ability or inability to upload or download any information in connection with participating in the Contest. No responsibility or liability is assumed by Prevent Blindness America or any of its subsidiaries and affiliated organizations, Sponsors or Contest Parties for technical problems or technical malfunction arising in connection with any of the following occurrences which may affect the operation of the Contest: hardware or software errors; faulty computer, telephone, mobile device, cable, satellite, network, electronic, wireless or Internet connectivity or other online communication problems; errors or limitations of any Internet service providers, servers, hosts or providers; garbled, jumbled or faulty data transmissions; failure of any e-mail transmissions to be sent or received; lost, late, delayed or intercepted e-mail transmissions; inaccessibility of the Web Site in whole or in part for any reason; traffic congestion on the Internet or the Web Site; unauthorized human or non-human intervention of the operation of the Contest, including without limitation, unauthorized tampering, hacking, theft, virus, bugs, worms; or destruction of any aspect of the Contest, or loss, miscount, misdirection, inaccessibility or unavailability of an e-mail account used in connection with the Contest. Prevent Blindness America or any of its subsidiaries and affiliated organizations, Sponsors and Contest Parties are not responsible for any typographical errors in the announcement of prizes or these Official Rules, or any inaccurate or incorrect data contained on the Web Site. Use of Web Site is at user's own risk. The Entities, Sponsors and the Contest Parties are not responsible for any personal injury or property damage or losses of any kind which may be sustained to user's or any other person's computer equipment resulting from participation in the Contest, use of the Web Site or the download of any information from the Web Site. By participating in the Contest, the Entrant releases Sponsors, Contest Parties and Prevent Blindness America or any of its subsidiaries and affiliated organizations from any and all claims, damages or liabilities arising from or relating to such Entrant's participation in the Contest. By accepting a prize in the Contest, winners agree that the Sponsors, Contest Parties and Prevent Blindness America or any of its subsidiaries and affiliated organizations shall not be liable for any loss or injury resulting from participation in the Contest, acceptance or use of any prize, or any travel related thereto. Sponsors, Contest Parties and Prevent Blindness America or any of its subsidiaries and affiliated organizations are not liable in the event that any portion of the Contest or event is cancelled due to weather, fire, strike, acts of war or terrorism, or any other condition beyond their control (a “Force Majeure Event”).

10. SPONSORS:

Contest Sponsor (“Sponsor”)
Prevent Blindness America (aka National Society to Prevent Blindness) – 211 West Wacker Drive, Suite 1700, Chicago, IL 60606.