

NOURISHING OUR CHILDREN

OFFICIAL RULES

Nourishing Diets Book Giveaway

1. No purchase is necessary to enter or win. A purchase does not improve your chances of winning.
2. The giveaway is five copies of the paperback version of [Nourishing Diets](#); one per household.
3. Participation is limited in one comment on the [book review](#) blog post hosted on Nourishing Our Children's website. To enter:
 1. Let us know why you'd like to receive a copy of Nourishing Diets in at least 5 sentences and
 2. Be sure to include the words Nourishing Diets in your comment!
4. Anyone, regardless of where they live, is eligible to participate in this giveaway, however the book will only be shipped to a United States address.
5. The giveaway is open from the time the blog post is published on June 26, 2018 until July 2, 2018 at 6:00 pm Pacific time zone.
6. The sponsor of the giveaway is:
[Grand Central Life & Style](#)
Hachette Book Group
1290 Avenue of the Americas
New York, NY 10104
7. The odds of winning are determined by the number of entries on the blog post. If there are 100 entries, your odds are 1 in 100.
8. The five qualifying entrants who will receive one paper book will be randomly chosen on July 2, 2018 and all participants will be notified via email. The results will also be printed on the blog post.
9. Questions may be sent to [Nourishing Our Children](#).