Weill Cornell Medicine-Qatar
Global Institute for Population Health



Cornell Cook-Off



Online Competition

Showcase your culinary skills! Participate in our healthy cooking competition and win gift vouchers!

WHEN
Competition:
September 1-30, 2026

WHERE
Facebook:
@IPHWCMQatar
Instagram:
@IPHQatar

WHAT
Share a video & a photo of your favorite healthy dish

Winners will be announced on October 22, 2026.
Top entries will receive gift vouchers. Only Qatar residents are eligible to participate.

Contact: giph@qatar-med.cornell.edu |

Lifestyle Medicine Week 2026

Weill Cornell Medicine–Qatar
Global Institute for Population Health

CORNELL COOK-OFF

September 1 - 30, 2026

Post your recipes & tag @IPHWCMQatar & @IPHQatar

Your recipe should include:

- Name of the dish
- Description of the dish (up to 30 words)
- Ingredients (list ingredients with the quantities)
- Method (step-by-step preparation instructions)

SUBMIT up to 5 short videos of the steps (max. 3 minutes in total) and 1 photo of the final dish.

CATEGORIES (I) Salad (II) Lunch Box (III) Main Course (IV) Dessert

SCORING CRITERIA

Presentation of the dish
Balance, attention to detail, clean lines and colors

Healthy cooking methods
Steaming, grilling, baking, stir-frying

Presentation of the recipe
Short & crisp videos, photo, video setting

Description
Thought process and idea behind the dish

Use of fresh ingredients
Fresh fruit & vegetables, whole grains, minimally processed foods

Creativity
Originality, unique theme

Overall appeal

No registration required to participate

The cook-off will be a virtual competition

Only Qatar residents are eligible to participate

Winner announcement: October 22, 2026

Follow #IPHQatar for updates.

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Lifestyle Medicine Week 2026