

1) I use a wheelchair but not all of the time. Can I still submit?

- a. If you use a wheelchair or are seated when preparing or cooking meals for 50% of the time, you can submit. Remember, this book is for sharing recipes, but also offering accommodation alternatives and tips that can make cooking easier for someone with limited mobility. Even if you have someone helping you, there is still great advice you can offer. Whether you are giving directions completely verbally or are more hands on, you are still a chef!

2) What are the specifics?

- a. Submit everything in English, not exceeding the word count of 1,000 for each section. DO NOT copy and paste a recipe from a website or any other place. The description and methods for the recipe must be spelled out by the submitter. If you want to include pictures of yourself or the food, it should be at the highest pixel quality setting. Should your work be accepted, we will work with you to make sure everything fits into the book. Remember, you can do a submission in all words or in all pictures, or drawings. Submissions are also accepted via phone (818/350/3652) and mail ([click here for PDF](#)).

3) How many times can I submit? What if I change my mind?

- a. You can submit as many times as you'd like and submissions do not all have to be submitted at the same time. However, once the submissions period closes, we will not accept any more submissions. If you change your mind, you have twenty-one (21) days to let us know in writing that you want to cancel your submission. Remember that once accepted, we will work with you to edit and finalize your piece before anything gets published. You will receive a sample of your submission for final approval.

4) What happens to the material after it gets submitted?

- a. Unfortunately, anything we receive will not be returned.

5) How do I know if my work was received? Will I get an email confirmation?

- a. You will receive a confirmation email within minutes confirming the material was received. If you do not within twenty-four hours, please email: [cookbook \[at\] includas.com](mailto:cookbook@includas.com). Before submitting, save all of your information in a document or elsewhere in case of technical glitches.

6) How will my information be safe?

- a. INCLUDAS Publishing, and the author, will keep all personal information strictly confidential and it will not be sold, traded, or used for any purpose other than to communicate with you in regards of the cookbook and any other INCLUDAS Publishing operations.

7) I missed the deadline, can I still submit?

- a. If the deadline passes and we are still looking for submissions, we will do our best to work with you and fit your material into the book.

8) Where and when can I buy the cookbook? How can I get updates?

- a. Publication date of the cookbook is TBD, but there will be print, e-book, and audio options for you to choose from. To get cookbook specials, announcements, and event invites, sign up for the [Cookbook Updates](#).

9) I don't plan to submit, but I would like to help out. What can I do?

- a. We're always looking for help! Email author Sarah at: [wheelcooking \[at\] gmail.com](mailto:wheelcooking@gmail.com) about cookbook volunteering opportunities. If you want to help out with other book stuff, check out our [readers, fans, partners](#) page.