

Guidelines

- It's free to submit, but each submitter must either: **1)** use a wheelchair/scooter of any type at least 50% of the time when preparing and/or consuming meals, **2)** be a family member, relative, significant other, or close friend of a wheelchair user who helps assist or manages cooking responsibilities, or **3)** be someone who has some food/kitchen related secrets/tips that would benefit someone in a wheelchair.

Many people can work on a single cookbook submission, for example, if a kid in a wheelchair wants to submit, parent or friend can help with the project.

- Submitter must be at least 18 years old. If submitter is between the ages of 13-17, a parent or guardian must give written permission (emailed to cookbook [@] includas.com). If submitter is 4-12 years old, a parent or guardian must submit everything to us.

Age applies to the first submission sent to us.

- Submissions can be as creative as you'd like and we will try to accept everyone who submits during our submission open period. If you miss the deadline, you may not be guaranteed a spot.
- When you submit, you agree that the ownership and copyright of the material belongs to the original creator(s) who is submitting the work (e.g. if submitting photography, you have to be the one who took the picture or, if you are submitting a recipe, the explanation of it has to be created by submitter and not copied from a website or other published material). You also agree that everything you provide us is accurate and correct information. You also agree that your work is original and has never been published before, and is exclusively for the cookbook and will not be reproduced, displayed, or sold in any other way as you await for your acceptance status from us, which you will receive in writing.
- Please submit everything in English, each submission section not exceeding 1,000 words. If submitting in a different language, there has to be an English translation associated with it. Submissions are open to U.S., with intentional conditional options. If you are outside the U.S., please let us know that in your submission notes.
- WHEN SUBMITTING click on the submission link. This form will ask you your name, zip code, email, preferred inclusion requests, what category option, etc. This form will ask you your name, mailing address, email, preferred inclusion requests, what category, if you'd be open to be interviewed about your recipe, etc. Remember, we will never ask you for personal information like DOB or payment information. Phishing emails exist in the digital age, so be careful. You can also submit by mailing in this form (PDF) or by calling: 818/350/3652.
- If you wish to cancel after sending your work, you must let us know no later than twenty-one (21) days after you've submitted your work. However, you can change your submitted material before the final publication deadline, which will be announced at a later time.
- As a thank you, you'll be invited to our cookbook launch celebration. Submitters will not be financially compensated, but will receive a complimentary print & e-book copy.
- For all publishing questions, accessibility issues, or submission assistance, email cookbook [@] includas.com. For direct questions email cookbook author, Sarah: wheelcooking [@] gmail.com.