



Cookbook Submission Mail-In Form

Section One: Basic Information

Thank you for your interest in submitting! We hope to create a fun cookbook that encourages wheelchair users to enjoy themselves in the kitchen, as well as be a resource for others. Please make sure everything is written in English (or with an English translation if in another language). If you are not familiar with the guidelines, please check them out at includas.com. If you need assistance, have questions, or want to make changes after submissions, please email: cookbook@includas.com.

Full Name:

_____ *First* _____ *Last* _____ *Today's Date*

Email:

Info:

_____ *Phone Number* _____ *ZIP Code*

Submitter Info

- I am a submitter over the age of 18.
- I am the parent/guardian of submitter (if submitter is under 18).
- I am assisting submitter with this form (who is over 18).
- I am between ages 13-17, & had my parent/guardian email cookbook@includas.com for permission.
- Other: _____

How did you get the info to submit? (check all that apply)

- Event (Abilities Expo LA)
- Event (Wheelchair Sports Festival)
- Social Media (Facebook)
- Social Media (Newsletter from Triumph Foundation)
- Social Media (Other)
- Word of Mouth (From Andrew S.)
- Word of Mouth (From Sarah B.)
- Other: _____

Section Two: Cooking, Baking, Juicing Category

Select all that apply, or add your own. For each selection, please include specific steps you follow to make the meal or dish. Be as detailed as possible, including things like how you chop ingredients, how you move things from a prep space to the oven or stove, etc. Include anything that might be helpful for someone else of your particular ability level. ***If you need more space, feel free to add additional pages of your own.***

NOTE: You can tell us about a recipe that you got from a cookbook or a family recipe handed down—do not copy and paste from any published source (e.g. website, cookbook), but let us know how you personally make the meal, what you may have done differently (e.g. adding extra ingredients), & what you have done to make it “yours.” ***Skill level is not important, whether you are a “Top Chef” or simply want to tell us how you drink your beverage, please share!***



On-The-Go Meals (Quick Breakfast, School Lunchtime, Work Break Time Snacks, etc.)

Cooking with Kids (Teaching Cooking Techniques, Kid Chef, Kid Assistant, etc.)

Holiday Cooking (Thanksgiving, Hanukkah, Christmas, etc.)

Travel Snacks (Work Trip, Camping, Road Trip, etc.)

Family Favorites (Birthday Celebrations, Granny's Famous Dish, World's Best Sandwich, etc.)



Healthy Options (Vegetarian, Gluten-Free Options, Juicing, etc.)

Four Ingredients or Less (P&J Sandwich, Split Pea Soup, Mashed Potatoes, Green Juice, etc.)

Date Night Dinners (Romantic Night for Two, Picnic Under the Stars, etc.)

Other

Other



Section Three: Accessibility & Gadgets

Select all that apply, or add your own. For each selection, please include specific details on how you use a gadget or ways you make shopping easier. Include anything that might be helpful for someone else of your particular ability level.

- Preparation Hacks (Opening the Oven with No Hands, Tricks for Package Opening/Closing, Buying Pre-Cut or Pre-Prepared Ingredients for Recipes, etc.)

- Shopping Hacks (How you Push a Shopping Cart, Carrying Groceries Home, etc.)

- Kitchen Accessibility Tips (Table Arrangements, Cupboard and Fridge, Storage, etc.)

- Favorite Kitchen Gadgets or Tools (Mandoline Slicer, Ulu Knife, Spork, etc.)



The Clean Up (Washing Dishes, Garbage Disposal Tricks, Ripping Paper Towel Tips, etc.)

Food/Kitchen/Tool Hacks (How to Crack an Egg with No Hand Grasp, Opening Jars with One Arm, etc.)

Meals with Your Favorite Appliance (Crockpot, Grill, Wok, etc.)

Million Dollar Renovation (if you had a million dollars to renovate your kitchen, what would you do?)

Other



Section Four: About You

Since this book is meant to help wheelchair users, we would like to know more about those who are submitting recipes in terms of their ability status. This will give readers a fuller picture of who you are and how they maybe be able to relate to your experience. If you do not have a disability, but are submitting in conjunction with a friend or a family member who does, please answer the following questions about his/her disability.

NOTE: If your piece is accepted into the book, we will not publish anything without your consent, and will provide you with a final copy before it gets published.

If you do not have a disability and are submitting ideas as an ally/advocate let us know about your connection with the disability community and what drew you to this project:

What type of disability do you identify with, if any? (Spinal Cord Injury, Multiple Sclerosis, Spina Bifida, etc.)

How long have you been living with a disability?

What type of wheelchair/mobility device(s) do you use? (manual wheelchair, motorized wheelchair, cane, etc.)

What is your usual meal involvement? (do you cook with a special device, co-cook by giving someone verbal instructions, or have a special routine, etc.)

What is your favorite part about cooking/eating/baking/other?

What words of advice would you have for someone who is newly injured or struggling living with limited mobility?

If you'd like to stay up to date with this project, can we add your email to our Cookbook Updates? YES NO



Section Five: Last Bits

Thank you for all of the information you've completed so far, here are some last miscellaneous bits for you!

Do you have a funny story to share? Would you be interested in a cooking interview (First Date Dinner Fail, Birthday Cake Disaster, Breakfast Mess, etc.)

- Can't think of any, but maybe later.
- Yes, and you can contact me for all the details!
- Not sure.
- No.

Any cooking do's, don't, and/or must haves?

Have you ever used, or use, cooking as art or therapy?

- Yes.
- No
- Maybe?
- Other: _____

Any inclusion/accessibility requests you'd like us to know about in terms of further communication with us? (Large Text only, Verbal Communication, etc.)

If you have questions, notes, or comments, please add them below.

By submitting this form, you agree to the terms & guidelines outlined on the includas.com website (or also on the next page).

Full Name: _____ Submitter's +*Signature: _____

+if someone is assisting with the form, submitter must still sign
*if submitter is under 18, parent/guardian must sign, and add name under child's name

**Mail this form in its entirety to:
PO Box 893566, Temecula CA 92589**

Feel free to call 818/350/3652 with any questions.

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 [a] 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.
- 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 [a] includas.com. For direct questions email cookbook author, Sarah: wheelcooking [a] gmail.com.