

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Nutri Garden

The International Nutrition Olympiad (INO) is an annual global event where children, adolescents and youth have the opportunity to share their experiences to promote healthy diets and nutrition through innovative activities, express their concerns and challenges related to nutrition and seek actionable solutions as well as build networks. INO has been organized by BIID Foundation since 2017 in collaboration with various government and non-government organizations. The children, adolescent and youth-led INO has been playing an effective role in achieving national and international goals on nutrition. This year INO 2026 will bring together Youth, MSMEs, Policymakers, and Private Sector Actors. INO 2026, the 9th edition of the initiative will be held on 11-12th December, 2026 at Dhaka, Bangladesh. Children, adolescents & youth as individuals and team, are encouraged to engage through the network of Nutrition Clubs. Theme for INO 2026 is “**Private Sector for Better Nutrition: Empowering Local businesses to deliver safe and nutritious food for all**”.

Different competitions, seminars, workshops & exhibitions are going to be organized at INO 2026. There will be a total of 15 competitions including ‘Nutri Garden Competition’. Anyone between 6 to 24 years can participate in the ‘Nutri Garden Competition’. The guideline of the ‘Nutri Garden Competition’ is given below:

Nutri-Garden Competition:

Vegetable gardening at home or community is a potential source of nutrition at local level to fill family nutrition gaps. Children, adolescents and youth are encouraged to get engaged in gardening activities through Nutrition Clubs. In addition, many individuals and families in general have homestead gardens to source their food requirements. For those who do not have a garden, they can imagine and create a design or drawing of a garden that ensures proper nutrition, based on the theme provided, and submit their work as a digital design or illustration.

Age Groups

Group A	Group B	Group C
6-10	11-18	19 - 24

Theme: Topics for the next round will be announced to those who pass the preliminary selection

Group A: Little Garden, Big Nutrition for

a healthier tomorrow

Group B: Nutrition Begins in the Garden,

Not Just in the Market

Group C: Sustainable Gardens Ensuring

Global Nutrition and Food Security

Eligibility:

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select 'Nutri Garden Competition' during the registration.
- Anyone within the specified age group can join the competition.
- Only individual participant or team (max 3 person) can participate in this competition.
- The participants or guardian or the institution must have minimum information technology facilities [Phone, E-mail, WhatsApp and Zoom Account (not mandatory)]

Registration:

All participants have to register at the dedicated website of INO 2026. Click the registration link at INO 2026 website (www.nutritionolympiad.net) and select 'Nutri Garden Competition' during the registration.

Last Date of Registration: August 31, 2026 (11 PM, Dhaka time)

Submission Deadline: September 30, 2026 (11 PM, Dhaka time)

Nutri Garden Competition Guidelines:

1. Participant Information:

Name, Age, Designation, Institution, address, Contact, Number and Email.

2. Nutri Garden Structure:

- Category of the garden.
- Description of the garden (max 50 words).
- Size of the garden.
- Name of the vegetables.
- Production during last 3 months (Kg/others).
- Understand the nutrition benefits (20 words).
- Persons engaged in the garden activities.
- Any other info (20 words).
- Color photo of the garden with the participants (Standing at the garden) and for those who do not have a garden they will create a design or drawing of their imagined garden.

3. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla)

Font size: 12, Plain text without special formatting. A4 size paper

4. Language: Bangla or English.

5. Submission & Preliminary Selection:

Participants will submit the following information through Google form or email (mentioning the 'Nutri Garden Competition' in the subject of the mail.)

Preliminary Selection:

- Top 15 Nutri Garden ideas from each specified age group will be Shortlisted for Display at INO 2026.

Final Round:

- The best 3 Nutri Garden ideas from each specified age group will be declared winners.

Scoring Criteria:

Sl. No	Criteria	Number
01	Describe items (Vegetables) and Nutrition Value	25
02	Engagement of Family / Team Members	25
03	Regularity	20
04	Innovation	20
05	Follow the rules	10
Total		100

Special Note:

- Nutri Garden ideas must be created by Participants, though guidance from mentors is allowed. Nutri Garden ideas generated using AI tools or any online assistive tools will be disqualified.
- Attempts to resort to any kind of malpractice will be disqualified.
- The decision of the judges will be considered final.
- Selected Nutri Garden picture and participants information (photo, name, age, address) will be uploaded on the website of BIID Foundation.
- Winners will be declared in the closing ceremony of the INO 2026.

Contact:

Any questions about Nutri Garden Competition please contact at Phone: +88028714169, +8801782510089 or E-mail: ino@biid.org.bd.

One participant or a group can apply for a maximum of 3(Three) competitions.