

International Nutrition Olympiad (INO) 2026

Competition Guidelines

Topic: Project Idea

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 ‘Project Idea Competition’. Anyone between 6 to 24 years can participate in the ‘Project Idea Competition’. The guideline of the ‘Project Idea Competition’ is given below:

Project Idea Competition:

This segment encourages children, adolescents, youth and young professionals to propose innovative and practical project ideas that contribute to better nutrition outcomes through local businesses, entrepreneurship and food system innovations.

Selected project ideas may be considered for future piloting, mentorship and showcasing through BIID Foundation and partner organizations.

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: My Healthy Snack Cart

Group B: From Peel / waste to Product

Group C: Community Nutrition Enterprise Hub

Eligibility

- Participants must complete registration form on the INO 2026 website (www.nutritionolympiad.net) and select 'Project Idea Competition' during the registration.
- Anyone within the specified age group can join the competition.
- Contestant can participate individually or as a team (max 3 members) 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 'Project Idea Competition' during the registration.

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

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

Project Idea Competition Guidelines

1. Participant Information:

Name, Age, Designation, Institution, Address, Contact, Number and Email

2. Project Title

- Must be concise, specific, and reflective of the research content.)
- Avoid abbreviations.

3. Project Structure:

- Brief of the project Idea (Max 500 words) (mission, goals, objective)
- What challenges to be addressed? Pros and Cons
- Expected outcome / results
- Resource requirement and sources
- Other info relevant to the idea (max 50 words)
- References

4. Keywords:

Include 3–4 keywords relevant to the project idea.

5. Formatting:

Font: Gill Sans MT (English) or Kalpurush (Bangla), Font Size: 12, Plain text without special formatting, A4 Size paper

6. Language: English and Bangla**Submission & Preliminary Selection:**

Participants will submit the brief of the Project Idea (PDF/PPT) through Google form /email (mentioning the Project Idea Competition in the Subject of the mail).

Preliminary Selection:

- Top 15 project ideas from each group will be shortlisted for display at INO 2026.

Final Selection:

- The best 3 project ideas from each group will be declared winners.

Scoring Criteria:

Sl. No	Criteria	Number
01	Rationale	20
02	Solution	30
03	Impact	20
04	Do ability	15
05	Resource Availability	15
Total		100

Special Note:

- Project ideas must be original and created by participants, though guidance from mentors is allowed. Project idea generated using AI tools or any online assistive tools will be disqualified.
- Judges' decisions will be considered final and any malpractice will lead to disqualification.
- Winners will be declared in the closing ceremony of the International Nutrition Olympiad 2026.

Contact:

If you have any queries about Project Idea 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.

