PLANT BASED EATING SURVEY GIVEAWAY OFFICIAL RULES NO PURCHASE NECESSARY TO ENTER OR WIN. ENTRANT MUST BE LEGAL RESIDENT OF THE UNITED STATES, 18 YEARS OF AGE OR OLDER. VOID IN PUERTO RICO AND WHERE PROHIBITED BY LAW.

1. HOW TO ENTER A CANDIDATE: No purchase necessary to enter or win. Giveaway starts 12:01 a.m. Eastern Time (ET) on August 23, 2017 and ends at midnight ET on September 13, 2017. To Enter: Follow the survey link and fill it out completely, by entering your email and submitting the survey you will automatically be entered in the drawing. No more than one entry per person. Additional entries submitted on behalf of the same entrant will be disqualified. No mail-in entries permitted, and no correspondence regarding entries will be acknowledged or entered into with entrants. By entering, each entrant, regardless of entry method, assigns to Sponsor all rights (including copyright) in and to the content of his/her entry. You can enter yourself only. Entries must be original and shall become the sole property of the Sponsor and will not be returned. "Releasees" (as defined below) are not responsible for late, lost, incomplete, illegible, stolen, damaged or misdirected entries (all of which such entries are void).

2. ACCEPTANCE OF RULES: By entering the sweepstakes, you hereby accept and agree to these Rules. You agree that submission of an entry constitutes agreement to these Rules, which form a binding legal agreement between you and the Sponsor.

3. PRIZES: Ten (10) winners will be chosen at random from all eligible entries received. Each prize is an American Express gift card valued at \$100 USD. Terms of the gift cards apply. The prizes are not transferable. Sponsor reserves the right to substitute a prize of equal or greater value.

4. ELIGIBILITY: Open to all legal U.S. residents, excluding residents of Puerto Rico who are 18 years of age or older at the time of entry. Employees, volunteers, interns and agents of the Sponsor and its affiliates, subsidiaries and advertising and promotion agencies, and their immediate families (spouse, parents, children and siblings and their respective spouses) and individuals living in the same households of such persons are ineligible to enter or win. Void in Puerto Rico and where prohibited by law. Sweepstakes subject to all applicable federal, state and local laws and regulations. By participating, entrants agree to be bound by these Official Rules and accept decisions of the Sponsor as final in all matters relating to this Giveaway. Use of automated entry software is prohibited. In the event of a dispute over the identity of an Internet entrant, entry will be deemed submitted by the authorized holder of the email address provided, as solely determined by Sponsor. Each of their respective parent companies, subsidiaries, affiliates, advertising and promotion agencies and all of their respective employees, officers, directors, shareholders and agents (collectively, "Releasees") are not responsible for incorrect or inaccurate transcription of entry information, or for any human error, technical malfunctions, lost/delayed data transmission, omission, interruption, deletion, defect, line failures of any telephone network, computer equipment, software, inability to access any Web site or online service, or any other error or malfunction. Entry materials that have been tampered with or altered are void. Proof of e-mailing/mailing entry does not constitute proof of delivery.

5. LIMITATIONS: Releasees are not responsible for any typographical or other errors in printing, the offering or administration of the promotion, or in the announcement, awarding or acceptance of prizes. Releasees have no liability whatsoever for any injuries, loses, or damages of any kind resulting from acceptance, possession, use or misuse of the prize or participation in this Giveaway.

6. WHO WON? Winners will be contacted via email. Sponsor will reach out to obtain contact information, including a mailing address to send the American Express Gift Card. Sponsor is not responsible for cards damaged or lost by mail. If winners fail to respond within five (5) business days to the email notification, the winner will forfeit the prize and another winner will be chosen.

7. SPONSOR: The Sponsor of the Giveaway is Pear Bureau Northwest. 382 SE International Way # A, Milwaukie, OR 97222. American Express is not affiliated with the Giveaway.