



CONTEST RULES AND REGULATIONS

Contest – Astrology & Plants Contest

To participate, visit the <https://www.ricardocuisine.com/concours/avec-melanie> of the RICARDO website and answer the compulsory question. The contest runs from January 29, 2026 to March 11, 2026 (11:59 p.m. EST). To be eligible, your entry must be submitted online by March 11, 2026 (11:59 p.m. EST).

Even though an Internet connection and a valid email address are required to enter the contest, no purchase is necessary. Many public libraries, Internet cafés and retail stores offer free Internet access. Several service providers and other companies allow you to send and receive emails for free.

To be declared a winner, the selected contestants must first complete the release form that will be sent to them by email and return it within 3 days of receiving it.

20 prizes with an approximate value of \$400 each

- An exclusive evening with passionate horticulturist, columnist, and author Mélanie Grégoire, and astrologer Alexandre Aubut
- An event taking place at Café RICARDO restaurant in Laval on April 18, 2026, at 6:00 p.m.
- 20 winners and their guests, from across Québec
- Gift: an astrological plant and a personalized birth chart presentation for each winner and their guest

CONDITIONS OF USE

- This offer has no cash value and cannot be exchanged, refunded or combined with any other offer or promotion.
- The contest organizers reserve the right to substitute a comparable prize in the event of a program cancellation or any other situation beyond their control.

DRAW

- The draw will be held March 12, 2026 at the offices of RICARDO Media Inc., 300 d'Arran St., Saint-Lambert (Quebec) J4R 1K5.
- The contest is open to all Quebec residents who have reached the age of majority and who reside in Quebec at the time of registration.

GENERAL RULES

1. Limit one entry per person, per address, per day. Only one email address can be used to enter the contest, regardless of the number of email addresses held by the entrant.
2. This contest is organized by RICARDO Media Inc. Subject to the conditions herein, the contest is open to Quebec residents, except employees, agents and/or representatives of RICARDO Media, its distribution or affiliated companies, advertising agencies or any party associated with the contest, as well as any person with whom an employee, agent and/or representative resides or members of the immediate family. For the purposes of these contest rules and regulations, members of an employee, agent and/or representative's "immediate family" include father, mother, brothers, sisters, children, husband, wife or common-law partner. Any participant randomly selected during this contest who does not meet the eligibility requirements herein will be automatically disqualified from the contest and another draw will be held to choose a winner. Any participant who does not meet the eligibility requirements should inform RICARDO Media Inc. as soon as they are contacted.
3. Conagra Brands, Inc. is not a sponsor of this Contest and is not responsible for the administration of the Contest, the collection of the entries, or the conduct of any drawing.
4. Each winner agrees to release, hold harmless, and forever discharge Conagra Brands, Inc., and its employees, directors, officers, affiliates, and subsidiaries, from any and all claims, demands, losses and liabilities, of any nature whatsoever, which they may now or hereafter assert, including but not limited to, claims for injury, death, or illness arising out of or claimed to be arising out of Contest entry, prize acceptance, or use/misuse of the aforesaid prizes.
5. By entering the contest, any winner authorizes, if required, contest organizers or their agencies to use their name and/or photograph for promotional purposes, without any compensation.
6. Contest organizers accept no responsibility of any kind in all cases where their inability to act results from circumstances beyond their control, or a strike, lock-out or any other labour dispute in their establishment or in the establishments of an organization or business whose services are being used to hold this contest.
7. Any litigation respecting the conduct or organization of a publicity contest may be submitted to the Régie des alcools, des courses et des jeux du Québec for a ruling. Any litigation respecting the awarding of a prize may be submitted to the Régie for the purpose of helping the parties reach a settlement.
8. A participant may not be declared the winner of more than one contest organized by RICARDO Media within a period of six (6) months following the date on which they were identified as the winner of a previous contest. If a participant is selected but has already won a RICARDO contest during this period, their entry will be voided and a new draw will be held to determine another winner.

For any questions regarding the rules and regulations and/or about the contest, please contact customer service at [<customerservice@ricardocuisine.com>](mailto:customerservice@ricardocuisine.com) or by phone: 450-465-4101.