

**#SPRINGCLEANSE
TWITTER PARTY SWEEPSTAKES
OFFICIAL RULES**

NO PURCHASE OR PAYMENT NECESSARY. A PURCHASE OR PAYMENT OF ANY KIND WILL NOT INCREASE YOUR CHANCES OF WINNING.

THIS SWEEPSTAKES IS INTENDED FOR PLAY IN THE UNITED STATES AND WILL BE GOVERNED BY U.S. LAW. DO NOT ENTER IF YOU ARE NOT ELIGIBLE AND LOCATED IN THE UNITED STATES AT THE TIME OF ENTRY AND/OR DO NOT AGREE TO THESE OFFICIAL RULES.

1. Eligibility

The #SpringCleanse Twitter Party Sweepstakes (“Sweepstakes”) is open only to legal residents of the fifty (50) United States (including District of Columbia), who are eighteen (18) years or older at the time of entry. Void in Guam, the U.S. Virgin Islands, and other U.S. territories and possessions, and where prohibited by law. Employees of Ignite Social Media, Saskatchewan Pulse Growers (“Sponsor”) or any of its affiliates, subsidiaries, advertising agencies, or any other company or individual involved with the design, production execution or distribution of the Sweepstakes and their immediate family (spouse, parents and step-parents, siblings and step-siblings, children and step-children, and their spouses) and/or household members (people who share the same residence at least three (3) months out of the year) of each such employee are not eligible. Participation constitutes entrant’s full and unconditional agreement to these Official Rules and Sponsor’s decisions, which are final and binding in all matters related to the Sweepstakes. Winning a prize is contingent upon fulfilling all requirements set forth herein.

2. Sponsor

Saskatchewan Pulse Growers, 207-116 Research Drive, Saskatoon, Saskatchewan, Canada S7N 3R3

3. Administrator

Carusele, LLC 15501 Weston Parkway, Suite 120, Cary, NC, 27513, USA

4. Timing

The Sweepstakes begins on April 26, 2017 at 8:00 PM Eastern Time (“ET”) and ends on April 26, 2017 at 8:56 PM ET (“Sweepstakes Period”) and consist of three (3) entry periods (“Entry Period” and collectively “Entry Periods”). Entry Periods will be based on the allotted response times indicated in the Entry Periods table in section 6 of these Official Rules. Administrators are the official timekeepers for the Sweepstakes.

5. How to Enter

To enter you must follow the @eatmovemake Twitter account on www.Twitter.com/eatmovemake, and tweet the hashtags #LoveALentil, #SpringCleanse and #Win on each of your tweets during the Sweepstakes Period. Online entries will be deemed submitted by the authorized account holder of Twitter account submitted at time of entry. By entering, you agree to be bound by these Official Rules.

6. Entry Periods

There is a total of 3 Entry Periods during the Sweepstakes Period:

| Entry Period | Start Time ET | End Time ET | Winner Selection & Notification |
|---------------------|----------------------|--------------------|--|
| 1 | 8:00 PM | 8:21 PM | 8:22 PM |
| 2 | 8:23 PM | 8:42 PM | 8:43 PM |
| 3 | 8:44 PM | 8:55 PM | 8:56 PM |

Entries are only considered qualified entries during the Entry Period for which it was submitted and will not roll over into subsequent Entry Periods. Use of any automated system to enter is prohibited and will result in disqualification. Sponsor is not responsible for lost, late, incomplete, invalid, illegible or misdirected entries, which will be disqualified. In the event of a dispute as to the identity of an entrant, the authorized account holder of the email used to enter will be deemed to be the entrant. An "authorized account holder" of an email address is the natural person in whose name the email address has been issued by the Internet Access provider or on-line service provider. Sponsor is not responsible for lost, late, or misdirected entries, technical hardware/software failures of any kind, lost/unavailable network connections, or failed/incomplete, garbled or delayed computer transmission, which may limit a user's ability to participate. Sponsor reserves the right at its sole discretion to disqualify any individual that tampers or attempts to tamper with the entry process or the operation of the Sweepstakes or website; violates the Official Rules; or acts in a disruptive manner, or with intent to annoy, abuse, threaten or harass any other person. CAUTION: ANY ATTEMPT BY AN ENTRANT OR ANY OTHER INDIVIDUAL TO DELIBERATELY DAMAGE ANY WEBSITE OR UNDERMINE THE LEGITIMATE OPERATION OF THE SWEEPSTAKES IS A VIOLATION OF CRIMINAL AND CIVIL LAWS AND SHOULD SUCH AN ATTEMPT BE MADE, SPONSOR RESERVES THE RIGHT TO SEEK DAMAGES FROM ANY SUCH INDIVIDUAL TO THE FULLEST EXTENT PERMITTED BY LAW. Sponsor and its agencies are not responsible for technical, hardware or software malfunctions, telephone failures of any kind, lost or unavailable network connections, or failed, incorrect, inaccurate, incomplete, garbled or delayed electronic communications whether caused by the sender or by any of the equipment or programming associated with or utilized in this Sweepstakes which may limit the ability of an individual to participate in or accept a prize in the Sweepstakes, or by any human error which may occur in the processing of the entries in this Sweepstakes. Sponsor and its agencies are not responsible for any typographical error in the printing of these Official Rules, administration of the Sweepstakes or in the announcement of the Sweepstakes prizes. Sponsor and its agencies are not responsible for damages to user's system occasioned by participating in the Sweepstakes or downloading any information to participate in the Sweepstakes. Sponsor reserves the right to modify or cancel any of the portions of the Sweepstakes if they become technically corrupted. In such event, Sponsor would award the prizes from among all applicable eligible entries received each week and overall prior to cancellation. Sponsor will not confirm receipt of entries. The time of receipt of any valid Twitter entry shall be the time such valid entry becomes available to Administrators. Administrators' computers shall be the official clock of the Sweepstakes.

7. Winner Selection and Notification

Random drawings from among all eligible entries received during each respective Entry Period will be conducted on or about April 26, 2017 on or about the times listed on the chart in section 6 under the column titled "Winner Selection & Notification" for each corresponding Entry Period and will be conducted under the supervision of the Sweepstakes Administrators. Potential winners will be notified by a winner announcement tweet and asked to send a Twitter Direct Message ("DM") to confirm on April 26, 2017. You must follow @eatmovemake on Twitter in order to respond via DM to verify eligibility and shipping information for claiming prizes. Potential prize winners will be required to respond to the winner announcement tweet with a DM within fifteen (15) minutes of being announced as the potential prize winner or such potential prize winner will be disqualified. If a potential prize winner does not respond to the winner announcement tweet as described above or is found to be ineligible, such potential prize winner will be disqualified and, at Sponsors' sole discretion, an alternate potential prize winner may be selected from the remaining eligible entries. The odds of winning a prize depend on the number of eligible entries received during the individual Entry Periods.

POTENTIAL PRIZE WINNERS ARE SUBJECT TO VERIFICATION BY SPONSOR WHOSE DECISIONS ARE FINAL AND BINDING IN ALL MATTERS RELATED TO THE SWEEPSTAKES.

8. Verification of Potential Winners

Potential winners must continue to comply with all terms and conditions of these Official Rules, and winning is contingent upon fulfilling all requirements.

9. Prizes and Approximate Retail Value (“ARV”)

THREE (3) PRIZES/ONE (1) PER ENTRY PERIOD: Each prize pack consists of the following: one (1) Fitbit Flex 2 , one (1) set of Anthropologie Delphina measuring spoons, two (2) spice blends (exact blends to be determined by the Administrator), one (1) Canadian Lentils branded bamboo cutting board, one (1) Canadian Lentils Cookbook, one (1) Canadian Lentils branded bamboo salad tongs, one (1) 4 oz. jar of red lentils and one (1) 4 oz. jar of green lentils (ARV of each prize: \$180.00). No cash equivalent for the prize, prize is non-transferable and no substitution will be made except as provided herein at the Sponsor’s sole discretion. Sponsor reserve the right to substitute the listed prize for one of equal or greater value for any reason winners are solely responsible for all taxes in connection with the prizes, including without limitation federal, state and local taxes, and the reporting consequences thereof, as well as use.

Limit one (1) prize per person during the Sweepstakes Period.

Total ARV of all prizes: \$540.00

10. Entry Conditions and Release

By entering, each entrant agrees to: (a) comply with and be bound by these Official Rules and the decisions of the Sponsor which is binding and final in all matters relating to this Sweepstakes; (b) release and hold harmless the Sponsor and each of their respective parents, subsidiaries, and affiliated companies, the prize suppliers and any other organizations responsible for sponsoring, fulfilling, administering, advertising or promoting the Sweepstakes, and all of their respective past and present officers, directors, employees, agents and representatives (collectively, “Released Parties”) from and against any and all claims, expenses, and liability, including but not limited to negligence and damages of any kind to persons and property, including but not limited to invasion of privacy (under appropriation, intrusion, public disclosure of private facts, false light in the public eye or other legal theory), defamation, slander, libel, violation of right of publicity, infringement of trademark, copyright or other intellectual property rights, property damage, or death or personal injury arising out of or relating to a participant’s entry, creation of an entry or submission of an entry, participation in the Sweepstakes, acceptance or use or misuse of prize (including any travel or activity related thereto) and/or the broadcast, exploitation or use of entry; and (c) indemnify, defend and hold harmless the Sponsors from and against any and all claims, expenses, and liabilities (including reasonable attorney’s fees) arising out of or relating to an entrant’s participation in the Sweepstakes and/or entrant’s acceptance, use or misuse of prize.

11. Publicity

By submitting an entry, entrants hereby grant and irrevocably assign to Sponsor the exclusive irrevocable, perpetual, worldwide right, title and interest in and to the entry, including all rights to reproduce, publish, edit, market, store, adapt, assign, sell, dispose of, distribute, have distributed, publicly and privately display, communicate, publicly and privately perform, transmit, have transmitted, create derivative works based upon, and promote the entry or excerpts of the entry (as such may be edited and modified by the Sponsor in its discretion) in perpetuity, for editorial, commercial, promotional and all other purposes (including posting on Sponsor-affiliated websites, and/or other Sponsor-selected media). Participants hereby disclaim any rights, including any copyright or any other intellectual property right, in or to the entry following the assignment contemplated hereby.

12. General Conditions

Sponsors reserve the right to cancel, suspend and/or modify the Sweepstakes, or any part thereof, if any fraud, technical failures or any other factor beyond Sponsor’s reasonable control impairs the integrity or proper functioning of the Sweepstakes, as determined by Sponsor in its sole discretion. Sponsor reserve the right in its sole discretion to disqualify any individual it finds to be tampering with the entry process or the operation of the Sweepstakes or to be acting in violation of these Official Rules or any other promotion or in an unsportsmanlike or disruptive manner. Any attempt by any person to deliberately undermine the legitimate operation of the Sweepstakes may be a violation of criminal and civil law, and, should such an attempt be made, Sponsor reserves the right to seek damages from any such persons to the fullest extent

permitted by law. Sponsor's failure to enforce any terms of these Official Rules shall not constitute a waiver of that provision.

13. Limitations of Liability

The Released Parties are not responsible for: (1) any incorrect or inaccurate information, whether caused by entrants, printing errors or by any of the equipment or programming associated with or utilized in the Sweepstakes; (2) technical failures of any kind, including, but not limited to malfunctions, interruptions, or disconnections in phone lines or network hardware or software; (3) unauthorized human intervention in any part of the entry process or the Sweepstakes; (4) technical or human error which may occur in the administration of the Sweepstakes or the processing of entries; or (5) any injury or damage to persons or property which may be caused, directly or indirectly, in whole or in part, from entrant's participation in the Sweepstakes or receipt or use or misuse of any prize. If for any reason an entrant's entry is confirmed to have been erroneously deleted, lost, or otherwise destroyed or corrupted, entrant's sole remedy is another entry in the Sweepstakes, provided that it is not possible to award another entry due to discontinuance of the Sweepstakes, or any part of it, for any reason, Sponsor, at its discretion, may elect to hold a random drawing from among all eligible entries received up to the date of discontinuance for any or all of the prizes offered herein. No more than the stated number of prizes will be awarded. In event that production, technical, seeding, programming or any other reasons cause more than stated number of prizes as set forth in these Official Rules to be available and/or claimed, Sponsor reserves the right to award only the stated number of prizes by a random drawing among all legitimate, unawarded, eligible prize claims.

14. Disputes

Entrant agrees that: (i) any and all disputes, claims and causes of action arising out of or connected with this Sweepstakes, or any prizes awarded, other than those concerning the administration of the Sweepstakes or the determination of winner, shall be resolved individually, without resort to any form of class action; (ii) any and all disputes, claims and causes of action arising out of or connected with this Sweepstakes, or any prizes awarded, shall be resolved exclusively by the United States District Court or the appropriate North Carolina State Court located in Wake County, North Carolina; (iii) any and all claims, judgments and awards shall be limited to actual out-of-pocket costs incurred, including costs associated with entering this Sweepstakes, but in no event attorneys' fees; and (iv) under no circumstances will entrant be permitted to obtain awards for, and entrant hereby waives all rights to claim punitive, incidental and consequential damages and any other damages, other than for actual out-of-pocket expenses, and any and all rights to have damages multiplied or otherwise increased. **SOME JURISDICTIONS DO NOT ALLOW THE LIMITATIONS OR EXCLUSION OF LIABILITY FOR INCIDENTAL OR CONSEQUENTIAL DAMAGES, SO THE ABOVE MAY NOT APPLY TO YOU.** All issues and questions concerning the construction, validity, interpretation and enforceability of these Official Rules, or the rights and obligations of the entrant and Sponsors in connection with the Sweepstakes, shall be governed by, and construed in accordance with, the laws of the State of North Carolina, without giving effect to any choice of law or conflict of law rules (whether of the State of North Carolina or any other jurisdiction), which would cause the application of the laws of any jurisdiction other than the State of North Carolina.

15. Sweepstakes Results

For Sweepstakes results, send a hand-printed, self-addressed, stamped envelope to #SpringCleanse Twitter Party Sweepstakes Winners List, Ignite Social Media, 15011 Weston Parkway, Suite 201, Cary, NC 27513 USA. The request for the winner's list must be received by May 26, 2017.

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This Sweepstakes is in no way sponsored, endorsed or administered by, or associated with Twitter. You understand that you are providing your information to Sponsor and not to Twitter.