

RFRK's Birthday Daily Pop Quiz Challenge 2026 Rules & Eligibility

- No purchase necessary.
- Must be 18 years or older.
- Must be a resident of Ontario.
- Contest runs from **May 11th until May 15th** on Instagram, with entries (quiz guesses) accepted until **May 18th, 11:59pm**.
- Eligible winner must complete the requirements as stated in the contest posting.
 - Must follow **@realfoodforrealkids** on Instagram.
 - Must like each quiz post & submit one quiz entry (guess) per day, for a total of 5 likes + 5 entries, during the contest period.
 - Must tag at least one friend, at least once, in a contest-related post at any point during the contest period.
 - Must be currently employed by an RFRK partner centre or school. If not, must have a child enrolled in an RFRK partner centre or school, as the prize will go to that child's class.
 - Eligible winner will be drawn at random.
 - A different winner will be drawn if they have won a prize from a recent RFRK contest within the past year.
 - Eligible contestants must correctly answer a skill-testing question to be declared a winner.
- 1 winner will be rewarded a Grand Prize Pack to be shared with their class, worth an estimated value of \$1000. Grand Prize Pack will contain:
 - Kids' books about food
 - Kid-friendly culinary tools/items
 - Gardening kits and supplies for kids
 - RFRK swag
- This contest is not sponsored, endorsed, administered by, or associated with Instagram or Meta.
- Quiz questions are based on internal company data and estimates from 2025, presented for educational and engagement purposes.