

• Video Submissions:

Requirements For Submissions:

Viewers wishing to submit material to It Comes In a Can Inc., do so with the understanding the recipe, comments, photographic image or intellectual property becomes the sole property of It Comes In a Can Inc. and cannot not be returned.

Thank you for your interest in "It Comes in a Can" – The exciting new cooking-show featuring real people and real food.

Email your recipes questions and comments to us at:

submissions@itcomesinacan.com

Mail should be addressed to: ICIAC Submissions
4309 Briarbend
Houston, Texas 77035

R E M E M B E R

You may be invited to join us to prepare your favorite dish for our audience. While on the show you can earn prizes and rewards. If one of your ideas is used in any way by the It Comes In a Can team you will earn an: "It Comes in a Can" T-shirt. So make sure your return address and telephone number is clearly marked on all submittals.

Photo Specifications:

Film Format: 35mm or better
Digital Format: 300 DPI or better

Video Specifications:

DV Cam
Hi 8
Or Better

Whether shooting still or video please use the following Outline:
Tell The Story in Pictures:

Establish the location in which the meal will be cooked with an exterior shot of the structure. Example: The front of your house.

Take several angles of the person who will cook the meal at their day job. For example, if they are a stay at home mom, photograph them around the house with the family.

Now for the meal, photograph the cook at work in the kitchen preparing the recipe that they are submitting

In close up photograph the different steps that it takes to prepare the meal or dish

Finally in detail show the dish being served and enjoyed