

Announcing RSN's 18th Annual Essay Contest!



Thriving No Matter What I Can or Can't Eat: A Happy Food Experience on the Kidney Diet

This year the theme is all about thriving on a kidney diet. Tell us your biggest food challenge with kidney disease, how you overcame it and how you are now able to enjoy happy, kidney-smart meals. 1st, 2nd and 3rd place winners receive cash prizes! Winning essays and will be published online and in RSN's Live&Give magazine. First Prize: \$500, Second Prize: \$300, Third Prize: \$100. Submissions are now open through August 10, 2020.

Learn more and enter the contest at RSNhope.org/essay-contest