

2026 GALLIOVA AWARDS

NOTES TO ENTRANTS AND T'S & C'S

Aim of the awards

The 2026 Galliova Awards (Galli = Latin for chicken, ova = egg) are presented annually to recognise the best food and health media and content creators in South Africa. Eligible work includes content published in print and digital magazines and newspapers, online platforms, and social media influencer platforms.

The Galliova Awards are sponsored by the Egg and Broiler Producers of the South African Poultry Association (SAPA). The 2026 awards are open to food and health content creators across all of the above media platforms, provided they have a credible and established following.

The Galliova Awards aim to recognise excellence in promoting food and wellness culture, with a strong emphasis on supporting locally produced poultry products, including chicken and eggs. The use of South African chicken and eggs remains a key consideration, and this is something the 2026 judges will be looking for in entries.

For the 2026 Galliova Awards, judges will evaluate each entrant's work within their respective categories entered. In the **food category** judges will be looking for: excellent food writing, promotion of affordable eating, visual appeal, food styling, creativity, originality, and useful tips or information - with emphasis on the inclusion of eggs and/or chicken. **Health category judges** will specifically assess entrants for overall excellence in health and wellness content creation, including a strong understanding of health topics and evidence based scientific references to eggs and/or chicken.

This year, the online entry platform will remain largely the same as last year. **However, entrants must now select the categories** they believe they qualify for, according to the criteria per category, with a maximum of **three categories per entrant**. After reviewing the requirements and selecting their categories, entrants should create **one PDF folder per category**. Each PDF must then be uploaded to the corresponding category "box," and a **checklist must be completed** before uploading.

Entry Period:

- The entry period for the Galliova Awards 2026 is now open.
- **All entries must be received by 16h00 Friday 28th August 2026**
- Late or incomplete entries cannot be considered and SAPA cannot be held liable or responsible for the late arrival of entries.
- The organisers are not able to assist any entrant's in putting together their entries but will be available for any queries which may arise.
- Please send a follow up email to confirm receipt of your entry submission to lauren@protactic.co.za
- All entries will be acknowledged by e-mail.

Category content requirements:

- Work submitted must have been published in **print media** between **October 2025 and September 2026** (PDFs for September issues are accepted). **Online or social media** content must have been published between **September 2025 and August 2026**.
- Please see below per category for details.

Cost:

- There is no entry fee.

Judging:

- Entrants will be judged on set criteria per category by the 2026 Galliova Awards panel of judges. All food entries will be judged by a panel of six judges and health entries by two judges. Each category will be scored out of 100. Following the scoring process, the judges will meet virtually in October to discuss scoring of the entries in order to ensure that the judging process is fair and transparent and to determine finalists.
- Should any of the below listed categories not receive at least five (5) entries, which qualify or meet the standard of required criteria, SAPA reserves the right to exclude this category from the 2026 Galliova Awards.

How is an entry judged?

- For the **first seven categories**, judges use a score sheet to assess whether each entrant meets the relevant criteria and requirements. Their scores are then tallied, and any adjustments are discussed and agreed upon during the final judging session in October. An independent auditor oversees the final judging session to ensure fairness and transparency.
- Food category judges will evaluate each entrant's work within their respective categories entered. The judges will assess entrants for overall excellence in food writing, promotion of affordable eating, visual appeal, food styling, creativity, originality, and useful tips or information - with emphasis on the inclusion of eggs and/or chicken.
- Health category judges will specifically assess entrants for overall excellence and educational value in health and wellness content creation, including a strong understanding of health topics and evidence based scientific references to eggs and/or chicken.
- For the **Galliova Up & Coming Content Creator** award, entrants who have entered the Galliova Awards **three times or less** automatically qualify. There is no need to enter this category separately, as judges will identify eligible entrants and decide if any entrant merits the award.
- **Discretionary prizes** may or may not be awarded. Judges will only present these if an entrant stands out for a specific reason.

Content Submitted Must Have Been Published Between:

- Published print articles from October 2025 to September 2026 are eligible for entry (PDFs for September issues of print publications will be accepted).
- Online/digital/social media content entries from September 2025 to end August 2026 are eligible for entry.

2026 Galliova Awards Categories

The total prize money value this year is R213 000, split between the following award categories:

1. Galliova Food Writer	R 20 000,00
• Runner up	R 5 000,00
2. Galliova Food Content Creator	R 25 000,00
• Runner up	R 5 000,00
3. Galliova Health & Wellness Content Creator	R 20 000,00
• Runner up	R 5 000,00
4. Galliova Social Media Influencer	R 20 000,00
• Runner up	R 5 000,00
5. Galliova Egg Champion	R 25 000,00
• Runner up	R 5 000,00
6. Galliova Chicken Champion	R 25 000,00
• Runner up	R 5 000,00
7. Galliova People's Hero	R 20 000,00
• Runner Up	R 5 000,00
8. Galliova Up & Coming Content Creator	R 15 000,00
9. Discretionary prizes four (4) x R2 000,00	R 8 000,00

ENTRANTS MAY CHOOSE ONE (1) TO THREE (3) OF THE FOLLOWING CATEGORIES:

Galliova Food Writer

- Open to food writers: **print/online publications.**
- The judges will be looking for entrants who have written and published in-depth/detailed food articles/features - not food features which contain only visuals, recipes, snippets and captions.
- Originality, creativity, and an overall passion for food excellence as well as an understanding and the inclusion of eggs and/or chicken in at least **two (2)** of the content pieces will be essential - **not just a mention.**
- Entries into this category must include a **minimum of four (4) to ten (10) content pieces** (full length articles or features). Where possible, limit features to **six (6) pages each.**

Galliova Food Content Creator

- Open to food content creators: **print/online publications.**
- The judges will be looking for published food content which may include just visuals, recipes, snippets and captions, but in-depth food articles will also be acceptable. Additional points will be given to entrants who supply simple and relevant food tips.
- Originality, creativity, and an overall passion for food excellence as well as an understanding and the inclusion of eggs and/or chicken in at least **two (2)** of the content pieces will be essential - **not just a mention.**
- Entries into this category must include a minimum of **four (4) to ten (10) content pieces.** Where possible, limit features to **six (6) pages each.**

Galliova Health & Wellness Content Creator

- Open to health/wellness content creators: **print/online/social media content creators.**
- The judges will be looking for entrants who have shown overall excellence in health content creation, including understanding and evidence based scientific references to eggs and/or chicken.
- **Print and online publications:**
 - Inclusion of health benefits of eggs and/or chicken in **at least two (2)** of the content pieces will be essential - **not just a mention.**
 - Entries into this category must include a minimum of **four (4) to ten (10) content pieces** (snippets/articles/features). Where possible, limit features to **six (6) pages each.**
- **Social media influencers:**
 - Inclusion of health benefits of eggs and/or chicken in **at least six (6)** of the content pieces will be essential - **not just a mention.**
 - Entries into this category must include a minimum of **ten (10) to twenty (20) content pieces** (posts/reels).

Galliova Social Media Influencer

- Open to **food or health/wellness social media content creators.**
- Social media content creators who have their own operational and credible blog and/or social media platforms dedicated to food or health/wellness.
- The judges will be looking for published food or health/wellness content which may include posts, recipes or reels. Additional points will be given to entrants who supply simple and relevant food/health/wellness tips.
- Originality, creativity, and an overall passion for food or health/wellness excellence as well as an understanding and the inclusion of eggs and/or chicken in **at least six (6)** of the content pieces will be essential.
- Entries into this category must include a minimum of **ten (10) to twenty (20) content pieces.**

Galliova Egg Champion

- Open to food or health/wellness content creators: **print/online/social media content creators**.
- The judges will be looking for food or health content creators who have highlighted eggs as the hero ingredient throughout their published content. The overall promotion of eggs, interesting information about eggs and the creative use of eggs with visually appealing egg-related visuals is essential. **Do not include content which is not egg related.**
- **Print and online** publication entries into this category must include a minimum of **two (2) to ten (10) egg content pieces**. Where possible, limit features to **six (6) pages each**.
- **Social media influencer** entries into this category must include a minimum of **six (6) to twenty (20) egg content pieces**.

Galliova Chicken Champion

- Open to food or health/wellness content creators: **print/online/social media content creators**.
- The judges will be looking for food or health content creators who have highlighted chicken as the hero ingredient throughout their published content. The overall promotion of chicken, interesting information about chicken and the creative use of chicken with visually appealing chicken-related visuals is essential. **Do not include work which is not chicken related.**
- **Print and online** publication entries into this category must include a minimum of **two (2) to ten (10) chicken content pieces**. Where possible, limit features to **six (6) pages each**.
- **Social media influencer** entries into this category must include a minimum of **six (6) to twenty (20) chicken content pieces**.

Galliova People's Hero

- Open to food or health/wellness content creators: **print/online/social media content creators**.
- The judges will be looking for food or health content creators who have published a combination of content focussed on eggs and/or chicken with an emphasis on minimal and inexpensive ingredients which are locally available. The use of everyday South African pantry staples or leftovers will be favourably acknowledged. Preparation should be quick and easy and other methods of cooking, besides electricity, can also be taken into consideration e.g., cooking on gas/paraffin stoves or on an open fire. **Do not include work which is not eggs and/or chicken related.**
- **Print and online** publication entries into this category must include a minimum of **four (4) to ten (10) eggs and/or chicken content pieces**. Where possible, limit features to **six (6) pages each**.
- **Social media influencer** entries into this category must include a minimum of **twelve (12) to twenty (20) eggs and/or chicken content pieces**.

Galliova Up-and-Coming Content Creator

- For this category, physical submissions are not required; however, all entrants must indicate on their entry form how many times they have previously entered the Galliova Awards. Judges will then determine whether any entry merits this prize.
- Open to food or health/wellness print/online/social media content creators who have entered into the Galliova Awards previously three times or less.

Galliova Discretionary/Spot Prizes

- For this category, physical submissions are not required, as the judges will determine whether any submission merits this prize.
- Open to food or health/wellness print/online/social media content creators.
- The four discretionary/spot prizes will be decided on by the 2026 Galliova judges during the judging process. There are no set categories for these prizes and judges will recognise individual entries should they stand out above the rest for a particular reason. For example, judges might vote for an entry because they feel that entry had the most appetite appealing images, original headline, best styling, original themes, useful information etc.
- Judges may also decide that only one or no entrants qualify for this category.

How to enter:

- Fill in the Galliova 2026 application form and wait for an approval email with a link.
- This link will allow the entrant access to their personal file repository where they can upload and edit their PDF entry submission/s.
- All file repositories will be locked for editing at 16h00 on the 28th of August 2026.

How to prepare an entry:

- Entrants are allowed to enter up to three (3) categories and are required to submit one (1) PDF folder per category. The content pieces submitted should include all the best content, relevant to the particular category, published during the time period as stipulated above. Within each PDF, entrant's must ensure they have adhered to the number of content pieces allowed for each category.
- Save all of the content you wish to submit as part of your entry into each PDF file, so that each article/feature/recipe/post flow from one page to the next - do not save each content piece as separate PDF folders.
- If submitting an online article/post/reel, include a screen grab of the article/post/reel with a link to the full live article/post/reel. You may embed the link into the screen grab image or paste it below the image. Please ensure that the links work before submitting your entry. You may not enter links which are pay wall/subscription as the judges won't be able to view it for judging.
- Once your PDF is ready, upload it onto the relevant category 'box' contained within your personal file repository by following the link in the email you received when you entered. This will take you to a file repository where you can upload the PDF by dragging and dropping.
- Remember that you may edit or cancel your submission up until 16h00 on the 28th of August 2026.

Galliova Awards Ceremony

- An invitation-only awards ceremony on Friday 16th of October 2026 will be held in Cape Town.

General Rules: (SAPA).

1. In the event of any dispute regarding the rules, conduct, results and all other matters relating to the competition, the decision of SAPA and the judges shall be final, and no correspondence or discussion shall be entered into.
2. Should any of the above listed categories not receive at least five (5) entries which qualify or meet the standard of required criteria, SAPA reserves the right to exclude this category from the 2026 Galliova Awards.
3. By entering the competition, you hereby warrant that all information submitted has been published, is true, current and complete. SAPA reserves the right to verify the eligibility of all entrants.
4. As the awards are sponsored by SAPA, entrants should ensure that eggs and/or chicken are included in some of the articles as stipulated above to show that their publication has promoted eggs and/or chicken during the stipulated period.
5. The Galliova Awards is a South African competition sponsored by the South African Poultry Association, and serves to promote locally produced poultry, therefore the emphasis on locally produced chicken and eggs is **imperative**.
6. Competition entries must be submitted in the manner and by the closing date and time specified on the notes to entrants. Failure to do so will disqualify the entry. (Please take note of "How to enter" section).
7. Application to enter forms need to be filled out and signed by all entrants prior to submitting an entry.
8. All submitted scanned articles will be checked against final print copies for authenticity.

9. Only final September magazine proofs will be accepted and checked against final print copies for authenticity. If there are inconsistencies between the proof and the print copy the entry will be discarded.
10. SAPA cannot accept responsibility for any error, omission, interruption, deletion, defect, delay in operation or transmission, communications line failure, theft, destruction, alteration of or unauthorised access to entries, or entries lost, damaged or delayed as a result of load shedding, server functions, technical issues, virus, bugs or other causes outside SAPA's control. Proof of sending is not proof of receipt. Entrants will be notified via email once entries are received.
11. Winners and finalists will not be announced prior to the awards event.
12. Submissions may include published information/articles/recipes & visuals supplied by Protactic on behalf of SAPA, but additional points will be given for original information.
13. Entrants are required to declare if AI has been used in the creation of the content and no submitted content has been plagiarised.
14. You may enter your own work from more than one publication if you write for more than one publication.
15. Social media content creators may only submit work from their own food website/blog/social media platforms.
16. In the case/situation where syndicated material is used or where two or more journalists from the same publication submit the same work, the onus will be on the journalists to decide how the prize money should be shared, should one journalist win a Galliova Award.
17. The judges' decision is final, and no correspondence will be entered into.
18. Prizes are awarded at SAPA's discretion, and no prizes will be awarded as a result of improper actions by or on behalf of any entrant. Where entries are being judged on creative or artistic merit or other subjective criteria, SAPA and/or the competition judges (acting reasonably) reserve the right not to select a winner, and/or to remove or amend selection criteria and/or the structure and operation of the competition if entries are not of the requisite standard.
19. Winners may be requested to take part in promotional activity and SAPA reserves the right to use the names of winners, their photographs, audio and/or visual recordings of them and content pieces submitted as part of their entry in any publicity.

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