



Design a School Lunch Competition

We are inviting children to get creative and design a school lunch!

Not only does it need to be fun, tasty and nutritious, we are asking our young customers to think about making it as **eco-friendly as possible**.

The winning dish will be served at your school (plus any other schools wishing to participate) during **Eco Week in April 2024!**

You will also win a bundle of eco gifts and win your classmates some eco goodies too!





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Step 1:
Think about your favourite foods. What do you enjoy eating, what dish would you like to have in school with your friends.

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Step 2:
Think about food groups to make sure your lunch is nutritionally balanced:

- Beans, pulses, eggs, fish, meat, and other proteins
- Salad and vegetables
- Potatoes, bread, wraps, rice, pasta, and other starchy carbohydrates
- Dairy and alternatives

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Step 3:
Think about how we can make your lunch as eco-friendly as possible:

- **What's in season?** Springtime means we have lots of broccoli, carrots, cucumber, lettuce, spinach, and spring onion in season in the UK.

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Step 4:
Now imagine if your dish was served using an edible bowl or plate! Does this change your dish? We are partnering with **Mr Stroodles Eco Tableware** for this competition and, if you win, we will serve lunch at your school on edible plates and bowls! No washing up...means we are also saving water!

- **What's local?** Using local suppliers is better for the environment as local produce uses less food miles. We buy lots of ingredients for your school lunches from local suppliers and we are lucky Norfolk is a farming community so lots of fresh vegetables such as potatoes and carrots are available.

- **Reduce meat?** Research shows that reducing meat is one of the biggest ways to reduce the environmental impact on the planet. Could your dish be vegetarian, or could you add other ingredients to reduce the quantity of meat used?

Judges will be looking for creative menu ideas and the inventive ways you draw your menu ideas.
The competition closing date is Friday 8th March.
Please email entries to clare.jordan@norsegroup.co.uk.

Please note, details provided such as name, school and age will solely be used for the purpose of this competition and will be stored according to GDPR regulations.

