


# WANT TO WIN YOUR FAVOURITE FOOD?

## HERE'S HOW!

### CHOOSE YOUR £10 FOOD CHALLENGE:

1. Plan a meal including yours or your family's favourite foods, which costs up to  and can feed up to 4 people.
2. Plan then shop for the ingredients, making sure you stay within the £10 budget.
3. Plan, shop, then cook and enjoy the meal.

**Make sure you ask for adult help as needed.**



### SEND US SOME EVIDENCE:

For example, you could send notes or a drawing of your meal plan, photos of you shopping, cooking or eating your meal. Remember to show how you stayed within the £10 limit.

**EVERY ENTRY IS IN WITH THE CHANCE TO WIN A FOOD VOUCHER FOR A FAVOURITE RESTAURANT OR SUPERMARKET.**

## Win me!

**MANDALORIAN**



Tell us why you'd love to own this plushie and we'll choose one lucky winner! Ask for help from an adult to email your entry to [kidz@fccharity.org.uk](mailto:kidz@fccharity.org.uk)

## Win me!

## Join our Children's Forum!

We meet online four times a year to chat about how we can help you and your family even more, to talk about our exciting competitions and to have fun.

Our next dates are: Wednesday 11<sup>th</sup> June, Thursday 25<sup>th</sup> September and Monday 1<sup>st</sup> December from 4:45-5:15pm.

