

FOR LESS

The Eatwell Lunchbox



Competition Leaflet



Warburton's are looking for healthy lunchboxes that tell a story.

Using your ideas gathered from your activity sheets, create your Ultimate Eatwell for Less Lunchbox in the space provided on the next page.

This year, we're challenging you to Eatwell for Less by including frozen, cupboard or leftover ingredients in your lunchbox.

Don't forget to design a lunch that is...

1. Is packed full of healthy food. Include foods from all five food groups.
2. Uses at least one frozen, cupboard or leftover ingredient

And make sure to...

- Give your lunch an exciting and original name.
- List all the ingredients used in your lunchbox.
- Identify any frozen, cupboard or leftover ingredients.

Competition closes 29th January 2024

THE PRIZES

Four lucky winners will receive 35 goody bags to share with their class and a supermarket voucher for their class to recreate their ultimate lunchbox entry.

To enter, simply complete the entry form and send via post **or** email to:

Post: Ultimate Lunchbox for Less Challenge, We Are Futures, 1 Paris Garden, London, SE1 8ND

Email: A scan or clearly photographed entry can be emailed to:

competitions@nationalschoolpartnership.com

Use this space to write down or draw pictures of foods you could include:



Ideas for **starchy** carbohydrate foods:

Ideas for **fruit and veg**:

Ideas for **protein** foods:

Ideas for **dairy** foods:

Ideas for **fatty** foods:

COMPETITION ENTRY FORM

Pupil Name:

Age:

School Address:

Class Teacher:

Postcode:

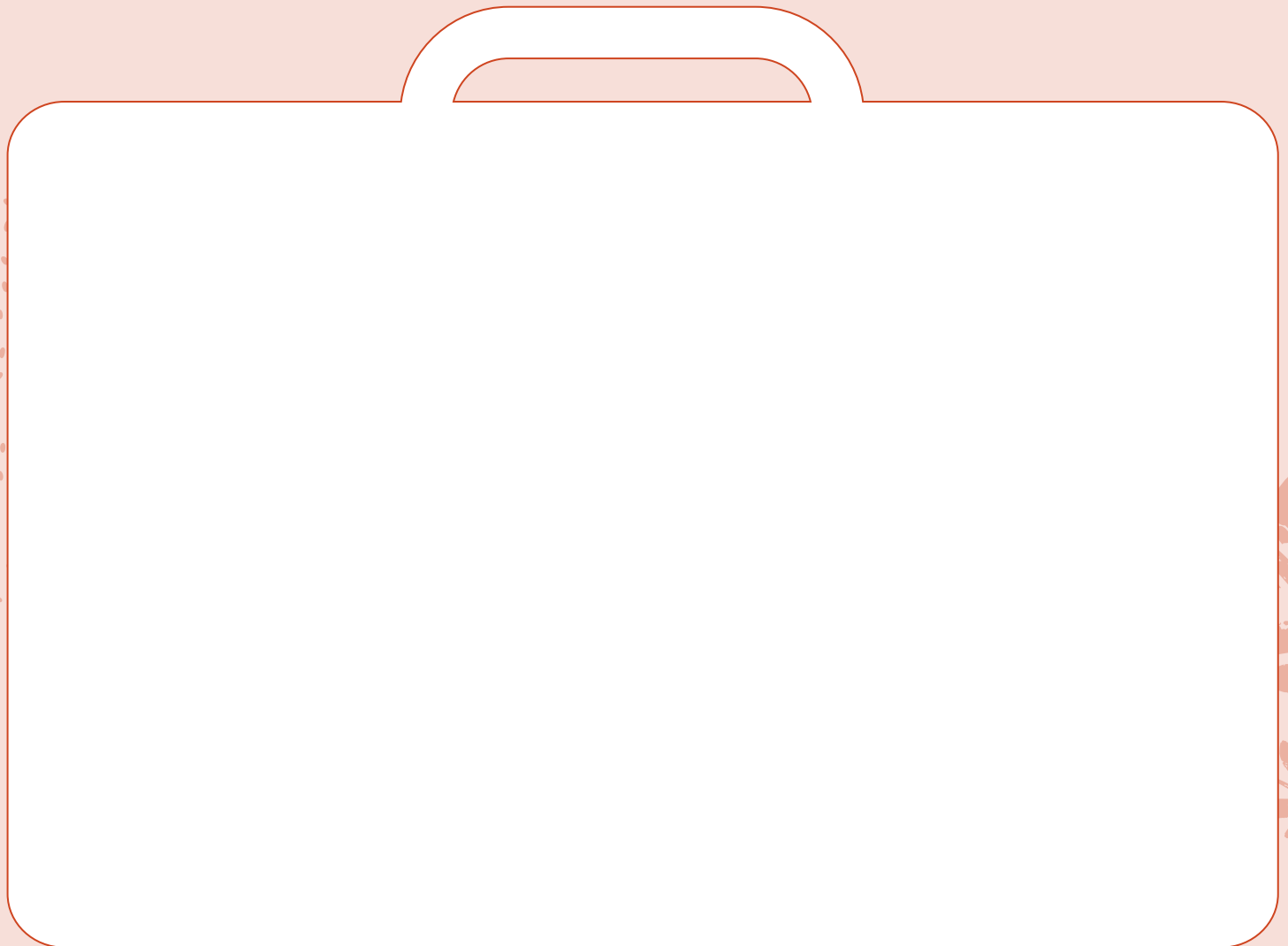
I give permission for the above named pupil to enter the Ultimate Lunchbox Challenge competition

Parent Name:

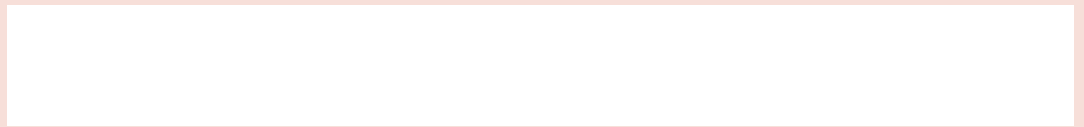
Parent Signature:

Parent Email:

**My Ultimate Lunchbox
for Less is called:**



**My Ultimate Lunchbox
is filled with:**



**My Ultimate Lunchbox
is nutritious because:**



**My frozen, cupboard or
leftover ingredient(s):**

