



for a living planet®

Seasonal Recipe Competition



30
mins

Rainbows,
Brownies, Guides
& Seniors section

Aim

There are a number of good reasons to eat more local, seasonal food:

- To reduce the energy (and associated CO₂ emissions) needed to grow and transport the food we eat
- To avoid paying a premium for food that is scarcer or has travelled a long way
- To support the local economy
- To reconnect with nature's cycles and the passing of time

But most importantly, because

- Seasonal food is fresher and so tends to be tastier and more nutritious

Enter our competition for a seasonal recipe, listing out the ingredients, method and the season or event your recipe is most appropriate for.

Eligibility

The competition is open to all members of Girlguiding UK.

Age groups

Entries will be assessed in three age groups:
• Under 12 • 12-20 • Over 20

Presentation

Each entry should be sent to either www.oneplanetchallenge.co.uk or Recipe Competition, Schools and Community Relations Team, WWF-UK, Panda House, Weyside Park, Godalming, Surrey GU7 1XR

Each entry should be sent with the following details:

- The name and contact details of the principal recipe designer.
- The Unit and Unit Leader contact details.

Dates and Judging panel

Closing dates for entries: **15 May 2009** Announcement of winners: **1 July 2009**

Lotte Duncan, TV Chef and Presenter

Cherry Duggan - Head of Schools and Community Relations, WWF-UK

The decision of the judging panel will be final and legally binding on all entrants. No correspondence concerning judging will be entered into. Entries will not be returned. WWF reserves the right to reproduce entries with due acknowledgment to the individual and unit.



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Prizes

For the winning entry in each age range:

- An adoption pack for the individual
- A pack of environmentally friendly goods to the value of £50
- Inclusion in the One Planet Challenge online recipe book

Second prize

- An adoption pack for the individual
- A pack of environmentally friendly goods to the value of £25
- Inclusion in the One Planet Challenge online recipe book

Third prize

- An adoption pack for the individual
- A pack of environmentally friendly goods to the value of £15
- Inclusion in the One Planet Challenge online recipe book