

# Leicester's Mealbarrow Extravaganza

...incorporating the Grow Your Own Grub Competition



Combining creative culinary skills and gardening, your school is challenged to design a three course menu and grow a minimum of 5 ingredients in your Mealbarrow (a wheelbarrow is provided if you don't already have one) along with your own growing area. Finally, showcase your wheelbarrow at Evington Park at a celebration day on Saturday 29 June 2019

Training course: Wednesday 27 February 2019 1.00pm-4.00pm  
Graceworks, URC, The Common, Leicester LE5 6EA

Light refreshments will be provided

**Who would benefit from this project:** All schools interested in growing and cooking



## Why participate?

- Raise awareness of healthy eating and cooking in your school. Use as part of your Food for Life and Eco-Schools Awards
- Opportunity to showcase food growing in a city wide school competition
- Enter the Mealbarrow competition for an opportunity of first, second or third place
- Receive recognition with **Bronze, Silver or Gold Grow your Own Grub Award** for published criteria on your extended growing area



## School commitments

- Attend training in February 2019
- Collect your wheelbarrow (where needed) and compost - available at the training event on **27 February 2019**. Schools will need to purchase their own seeds and/or plug plants
- Design and submit a healthy menu by **31 May 2019**
- Grow at least 5 of your ingredients in the **Mealbarrow**
- Deliver and collect the **Mealbarrow** from Evington Park for the celebration day - **Saturday 29 June 2019**
- Host the judging team during your site visit to view your **Mealbarrow** and extended growing area (where available) Visits will be arranged for between **17-21 June 2019**.
- Keep the wheelbarrow for next year or return to Leicester City Council

Supports your Eco-Schools *healthy living, school grounds and biodiversity* topics & Food for Life Award criteria

*This free event is free and open to all schools in Leicester*

Deadline for entries is Friday 7 December 2018 and will be filled on a first come basis  
Email [GrowYourOwnGrub@leicester.gov.uk](mailto:GrowYourOwnGrub@leicester.gov.uk) as soon as possible to confirm



# Sunflower Growing Competition

The sunflower growing competition has been running since 2001 and has proved to be very popular with pupils and staff alike. This year we have expanded the competition to include the opportunity for all primary children as well as children in SEN schools

**Who would benefit from this project:** All primary and SEN schools interested in growing



## The finer details...

- Please sign up by **7 December 2018** by emailing [GrowYourOwnGrub@leicester.gov.uk](mailto:GrowYourOwnGrub@leicester.gov.uk) stating your school, number of kits you require and year groups that are participating
- Schools will receive seeds and compost pellets via the post by the end of **April 2019**. All resources will be put on the extranet and emailed to schools
- Schools can order a maximum of **90 'kits' per school**. Children are encouraged to take plants home to grow over summer, however they can also be grown at school.
- In **October 2019** you will need to take your sunflower heads to **Abbey Pumping Station** where they will be officially weighed. Exact details will be shared nearer the time.
- There will be prizes for first, second and third place



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