

Leicester's Mealbarrow Extravaganza

...incorporating the Grow Your Own Grub Competition



The Mealbarrow competition is a great way to involve the wider school community in your growing activities. Grandparent and community gardening week is on the 27th April to the 1st May. If you go to the Food for Life website www.foodforlife.org.uk you can register your intergenerational event, receive free resources and if you come along to the training on March 12th, you will find out about available grants

FREE Training course: Thursday 12 March 2020, 4.00-5.30pm

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?

- Combine 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 along with your own growing area. Mealbarrows are then showcased at Abbey Park for a public vote
- Raise awareness of healthy eating and cooking in your school. Use as part of your Food for Life and Eco-Schools Awards
- Receive recognition with **Bronze, Silver or Gold Grow your Own Grub Award** for published criteria on your extended growing area



School commitments

- Attend free food growing training in March 2020
- Collect compost - available at the training event on **12 March 2020**. *Schools that have not previously participated will be provided with a wheelbarrow but will need to purchase their own seeds and/or plug plants (some seeds provided on the training)*
- Design and submit a healthy 3 course menu by **20 May 2020 (judging takes place on 21 May 2020)**
- Grow at least 5 of your ingredients in the **Mealbarrow**
- Deliver and collect the **Mealbarrow** to Abbey Pumping Station for the celebration day - **Saturday 4 July 2020** (support is available)
- Host the judging team during your site visit to view your **Mealbarrow** and extended growing area (where available) Visits will be arranged for between **8-12 June 2020**.
- Advertise the competition and the celebration day to parents & families via school newsletters and the school's social media channels

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 28 February 2020 and will be filled on a first come basis

Book your school's place via [SurveyMonkey](https://www.surveymonkey.com) as soon as possible to confirm.

Any questions please email GrowYourOwnGrub@Leicester.gov.uk

