

Leicester's Mealbarrow Extravaganza



The Mealbarrow competition is a great way to encourage food growing in the school community. Schools participate by creating a 'mealbarrow', so even if you don't have a designated growing area you can still enter. The competition is open to any Leicester school and can be done with an individual class or gardening club.

FREE Training course: Thursday 11 March 2020, 4.00 - 5.30pm
Online via Microsoft Teams

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 (Covid permitting).
- 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 a free virtual food growing training **4.00-5.30pm - 11 March 2021** (recording available if you can't attend)
- You will need to provide compost, seeds and/or plug plants (*some seeds provided after the training*)
- You will need to reuse the wheelbarrow from last year, or upcycle an old wheelbarrow (ask around in school or get in touch if you are struggling)
- Design and submit a healthy 3 course menu by **19 May 2021** (judging takes place on **Thursday 20 May 2021**)
- Grow at least 5 of your ingredients in the **Mealbarrow**
- Deliver and collect the **Mealbarrow** the event venue for the celebration day (Covid permitting) - **Saturday 3 July 2021** (support will be available)
- Host the judging team during your site visit to view your **Mealbarrow** and extended growing area (where available). Visits (or virtual filming) will be arranged for between **7-11 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 26 February 2021 and will be filled on a first come basis
Book your school's place via this [eForm](#) as soon as possible to confirm.
Any questions please email GrowYourOwnGrub@Leicester.gov.uk

