

Grow Your Grub Competition 2023

How will the competition work?

All schools in the city and our Leicestershire Traded Service Schools will be given the opportunity to participate in the competition.

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 school and can be done with an individual class or gardening club.

The format for the competition has changed slightly since last year. The main change is the bean theme for growing and your menus. Another change is the removal of the site visits in place of a report that children can submit towards the end of the process.

Schools are asked to attend a training session on **Tuesday 21 March 2023** 4.00-5.30pm. Venue TBC.

Stage 1: Menu

Your school needs to produce a menu for a three-course meal. New for this year, we are asking the menu to focus on beans! The choice of dishes can be as diverse as you like and include all food groups as well as fruit and vegetables. We would recommend using the [Eatwell Guide](#) to help plan your menu. The menu will be judged on:

- Presentation
- Nutritional value
- Creativity and appeal

Completed menus will need to be sent to GrowYourOwnGrub@leicester.gov.uk by **Friday 26 May 2023** ready to be shared with the judges. These can be hand-written and scanned or typed.

The school is not expected to cook the meal as part of the competition.

Stage 2: Mealbarrow

The school will be expected to grow a minimum of 5 items that have been included in their menu in their wheelbarrow (*for schools that have previously participated you will need to reuse the wheelbarrow, for new schools upcycle an old one – ask around or get in touch if you are struggling*). These can be vegetables, salad crops, fruits, herbs or cereals. At least one crop must be a 'bean'. All the crops should be grown within the mealbarrow. However, we also encourage schools to grow more of the same crops or different crops in their own 'extended' growing area (if available). You will need to source compost (approx. 120 litres) and some seeds/plug plants. We will have a few to share after the training session.

Stage 3: Final report

Schools will be asked to submit a final report, summarising their journey in growing your mealbarrows. This will include a few photos and quotes from the children on what they have enjoyed and what they are most proud of. We will share a template for this report as part of the training session.

Completed reports will need to be sent to GrowYourOwnGrub@leicester.gov.uk by **Friday 16 June 2023** ready to be shared with the judges. These can be hand-written and scanned or typed.

Stage 4: Showcase event

Schools will be invited to share their mealbarrows at the open event, provisionally booked for Saturday 1 July 2023 at Abbey Pumping Station. This is a great way to celebrate your achievements and get the school community involved. We will release more information about collection and delivery of the mealbarrows closer to the time.

The overall winners will be announced following scoring from the four stages. Prizes will be awarded for first, second and third, and for the four different stages.

The winning school overall will host a fantastic celebration assembly. This will take place early in the new academic year.

The deadline for entries is **Friday 17 March 2023** 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

