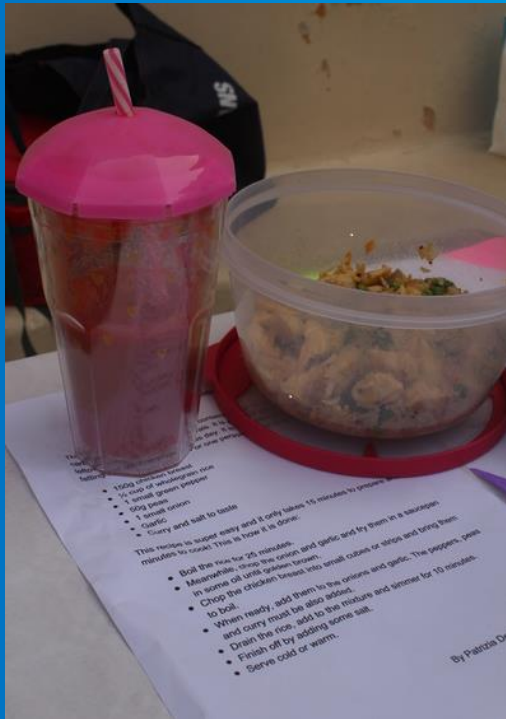


The WER project at St Joseph School, Sliema

Our school organized **The Glorious Packed Lunch Competition**. The entrants had to fulfil criteria, taken from the ethos of the WER project.



The packed lunch should contain a:

- Healthy drink
- A source of carbohydrates (preferably wholegrain)
- Protein
- Fruit and / or vegetables for vitamins and minerals

Please include any recipes for the food you present, and any information on the ingredients that you think is important for the judges to know.

Be imaginative and creative. Good luck!

Is the packed lunch

- Easy to prepare
- Fresh / locally produced
- Not excessively salty / sweet
- Affordable
- Low in fat

Three lucky winners will get a Dessert Bullet each.

Enjoy participating!



Next steps...

This year we are going to build on the idea of The Glorious Packed Lunch Competition by increasing the criteria to incorporate more ideas of responsible food consumption.



Does your food contain palm oil?

Where has your food come from?

Are your portions too big? What do you do with any left overs?

What is the carbon footprint of your lunch?

Does your packed lunch contain any meat?