

# SUPERHERO FOODS KIDS' COOKING CHALLENGE!



**Create and cook your own favourite healthy meal or snack for the chance to win fantastic prizes!**

**Which healthy ingredients can you use? (*Hint: choose foods from the 5 food groups!*). What will you call your recipe? Your recipe can be sweet or savoury! Looking for ideas? Visit our 'Recipes for Kids' webpage: [superherofoodshq.org.au](http://superherofoodshq.org.au)**

**1st prize: \$200  
book pack**  
**2nd prize: \$100  
book pack**  
**3rd prize: \$50  
book pack**

## ENTRY DETAILS:

Name of your recipe: \_\_\_\_\_

Ingredients: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Include a photo of your recipe with you in it below:

Brief description of your recipe: \_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

**For yummy recipes and nutrition resources go to [superherofoodshq.org.au](http://superherofoodshq.org.au)**



# SUPERHERO FOODS KIDS' COOKING CHALLENGE!



**STEP 1: Create & cook your favourite healthy meal or snack**

**STEP 2: Get creative and give it a great name!**

**STEP 3: Take a photo of your recipe (with you in the photo)**

**STEP 4: Download & complete the entry form to submit with your photo**

For further details and to download an entry form visit: [www.thelitcentre.org.au](http://www.thelitcentre.org.au)

Competition close extended to 5pm, Sunday 2 August 2020. Terms and conditions apply.

## ENTRY DETAILS:

Your name: \_\_\_\_\_ Your age: \_\_\_\_\_

Name of your recipe: \_\_\_\_\_

Name of your school: \_\_\_\_\_

Parent's name: \_\_\_\_\_

Parent's phone no.: \_\_\_\_\_ Parent's email: \_\_\_\_\_

Parent's consent:

I grant Foodbank WA, Healthway and The Literature Centre permission to use my child's photograph for promotional purposes including print, online and social media. I understand that consent can be withdrawn at any time by contacting the CEO of Foodbank WA in writing.

Parent signature granting photo consent: \_\_\_\_\_



**SEND YOUR ENTRY TO:** [superherofoods@foodbankwa.org.au](mailto:superherofoods@foodbankwa.org.au)

### Terms and conditions:

Competition opens 8am Thursday 4th June and closes 5pm, Sunday 2nd August 2020. Only one entry per child allowed. Entry forms must contain the following information to be eligible for entry: a photograph of the healthy meal or snack you have cooked (with you included in the photo), recipe name, child's name and age, name of child's school, parent's name and phone number. A judging panel of 3 (1 x Healthway Staff Member, 1 x Foodbank WA Staff Member and 1 x Literature Centre Staff Member) will select the winning entries. The winning recipes will receive the following prizes: 1st, 2nd and 3rd place prizes for the most creative recipes, prizes include Literature Centre Australian Book Packs (1st place - valued \$200, 2nd place - valued \$100 and 3rd place - valued \$50). Copies of the Foodbank WA recipe books can be downloaded or ordered via: [www.superherofoodshq.org.au/product-category/recipe-booklets](http://www.superherofoodshq.org.au/product-category/recipe-booklets)

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