

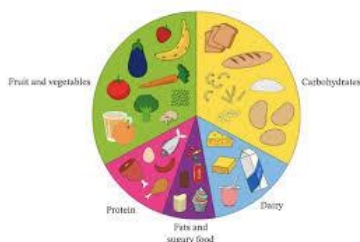
# FoodChallenge21

## Essential Information for Participants



ROTARY  
CLUB OF  
BRADFORD  
BRONTE

CHARTERED 1993  
CLUB NO 1797  
OF R.I.B.I  
DISTRICT 1040



Thank you for signing up for **FoodChallenge21**! As you know, we are asking you to spend just £21 on your food shopping, **starting on Sunday 21<sup>st</sup> March 2021**, and to donate the difference between £21 and the amount you *would normally spend* to support Inn Churches' Pop-Up Pantries and Social Supermarkets.

- We want as many people as possible to take part in **FoodChallenge21**, so please spread the word, and encourage your family and friends to join us.
- As we prepare for our Challenge, we will be sending you ideas for ways to **spend as little as possible on food**, and **still eat healthily!**
- It is important to **plan** what to buy and cook – to avoid running out of food halfway through the week.

### The Challenge is...

- £21 is for a **whole household** of one to two people, but you are welcome to double this amount for 3 to 4 people, etc.
- You should try to eat only what you buy that week, except salt, pepper, and any dried herbs or spices you may have in the cupboard. For the full challenge you should avoid using any other store cupboard or freezer items (as families in crisis do not have the luxury of these). Even tea, coffee, beer and wine need to be included in your week's food.
- Items not bought in your initial shop must also be included in your £21 – eg. milk deliveries, takeaways...
- If you can, **take a photo** of what you buy (and even your receipt!) and share it to the Bradford Bronte event page on Facebook, or on your own Facebook, Twitter or Instagram feeds, with the tags **#foodchallenge21**, **@innchurches** and **@bronterotary**. Share photos of what you cook, too. If you can, keep a **video diary** of how you feel while taking part in the Challenge and share. If you're not on social media you can send photos to [cooking@innchurches.co.uk](mailto:cooking@innchurches.co.uk).
- Remember to donate at [innchurches.co.uk/challenge21](http://innchurches.co.uk/challenge21).

**Remember: FoodChallenge21 starts on Sunday 21<sup>st</sup> March 21.**

**THANK YOU SO MUCH** for joining **FoodChallenge21**. Your donation will make a huge difference to guests at Pop-Up Pantries across the city, and your participation will raise awareness of the challenges faced by Bradford families in crisis, week after week.

**Rotary Club of Bradford Bronte  
in partnership with Inn Churches**