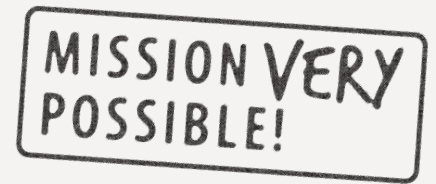


Shopping basket challenge



This challenge involves some culinary skills, as participants will be asked to create and prepare a recipe using five specified ingredients, plus any optional extra ingredients that they may have in their own store cupboards at home.

At the end of the challenge, the recipes could be shared among all participants. Or, a team breakfast, lunch or dinner could be organised where participants cook and share their creations with work colleagues.

Challenge objective

- To encourage employees to try new foods
- To encourage employees to eat together, to show that mealtimes are great team development opportunities
- To increase awareness of the nutritional values of different foods.

Challenge details

Individuals within a team or department are provided with a list of five ingredients which must be used to create and prepare a recipe. The ingredients are chosen for their nutritional content or for a particular theme. For example, you may want to link this challenge to a specific health promotion event such as Osteoporosis Awareness and Prevention Month and include foods with a high calcium and magnesium content.

On an agreed date and at a specified time, all participants will prepare their 'creations' and the team or department will get together to taste the dishes.

Participants are asked to provide a copy of their recipe.

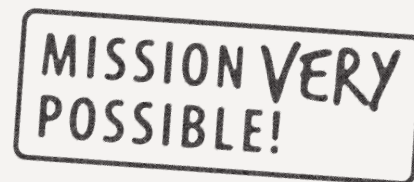
How to start the challenge

- Decide on the focus of your Shopping basket challenge. Some ideas are given on following page.
- Remember to include a question about food allergies and food intolerance on the challenge information sheets, and before the tasting session begins clearly label the foods that contain these items. (Do remember though that employees may not fully understand the implications of contaminated foods.)
- Consider the following constraints that may prevent some people from participating, and look for ways to support employees in working round these obstacles. For example:
 - o cost of ingredients – is there a budget available to buy ingredients for employees?
 - o lack of suitable facilities to prepare and store cooked foods at work
 - o transport of ingredients and prepared foods to and from home
 - o time to buy and prepare ingredients.
- The challenge champion will need to identify a suitable area and facilities for the team to use during the challenge, and reserve use of the space if necessary.

Shopping basket challenge – entry form

A sample entry form is shown on page 3. If appropriate, supplement the entry form with information about the theme of your challenge.

Shopping basket challenge



Theme	Criteria	Suggested shopping basket
Low-fat foods	All the main ingredients should contain less than 3g of fat per 100g and less than 1.5g of saturated fat per 100g.	Red pepper, red kidney beans, green beans, butternut squash and brown rice
'No added'	Participants cannot add any salt or sugar to the ingredients, but must look for other ways to enhance the flavour of the ingredients.	Wholemeal pasta, red onion, celery, broccoli and cashew nuts
Healthy bones	Ingredients should include some foods containing calcium. <i>For example: low-fat dairy products (eg, semi-skimmed milk, reduced-fat cheese, or low-fat yoghurt), tofu, prawns, almonds, hazelnuts, walnuts, sunflower seeds, pumpkin seeds, red kidney beans, haricot beans, chickpeas, mackerel, oysters, eggs, figs, dried pineapple, dried apricots, sultanas, parsley, spinach, watercress, kale, broccoli, corn tortillas, oatmeal, quinoa and wheatgerm.</i>	Semi-skimmed milk, porridge oats, dried figs, chopped walnuts and strawberries
Healthier lunchbox	The contents of the lunchbox must follow the eatwell plate guidelines.	<ul style="list-style-type: none"> High-fibre or wholemeal bread, tinned salmon, yoghurt, cherry tomatoes. A treat!

Shopping basket challenge



ENTRY FORM

Name of participant:	Department:	Contact number:
Event date:	Venue:	Time:

Theme:

Your challenge is to prepare a dish that contains the following five ingredients along with optional extras from your own store cupboard.

Today's shopping basket includes:

- 1
- 2
- 3
- 4
- 5

Please prepare your dish in advance and have it ready for tasting on the Event date shown above.

Use the space provided below to write down recipe details and cooking instructions that will be shared with the rest of the team.

The closing date for entries is:

When you have finished, please return your entry form to:

If you have any food allergies or food intolerance

If you are tasting any foods as part of the Shopping basket challenge, please check that they do not contain any ingredients that you cannot eat.