

# feast on this



Go for 2&5™  
FRUIT VEG



Eat Well Tasmania is celebrating Fruit and Veg Month this August, and invites you to get involved with this year's 'Healthy Lunch' Competition!

Simply design a healthy lunch which includes TWO fruits and FIVE vegetables, then send in your menu and your proposed lunch date to register!

*The first 25 registrations will receive a Go for 2&5® Healthy Lunch pack  
Possible media recognition for registered lunches*

Prizes up for grabs for the most creative menu at:

- your workplace
- your community organisation OR
- your individual group (for EWT members)

Prizes include:

3x \$100 Woolworths vouchers  
Light catering by Harry's Catering and Sush Online  
\$50 voucher from Young's Vegie Shed  
10x Healthy Food Fast Recipe Books

To be in the running for a prize, a menu must be submitted to Eat Well Tasmania by 31<sup>st</sup> August 2010.

Judging will occur first week of September

*All entries will become the property of Eat Well Tasmania upon submission*

Woolworths  
the fresh food people



For more information contact Tess Oddie at Eat Well Tasmania  
A: GPO Box 1365 HOBART 7001 P: 6223 1266 E: [admin@eatwelltas.org.au](mailto:admin@eatwelltas.org.au) F: 6223 1244



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### REGISTRATION FORM

Name: \_\_\_\_\_ Proposed Lunch Date: \_\_\_\_\_

EWT MEMBER GROUP

COMMUNITY ORGANISATION (name) \_\_\_\_\_

WORKPLACE (name) \_\_\_\_\_

Postal Address: \_\_\_\_\_

Telephone: \_\_\_\_\_ Fax: \_\_\_\_\_

Mobile: \_\_\_\_\_ Email: \_\_\_\_\_

MENU ATTACHED

I give permission for my name and/or organisation to be published in relevant media upon winning a prize

Signed: \_\_\_\_\_

Please return to Tess Oddie at Eat Well Tasmania by 31<sup>st</sup> August 2010

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