



Healthy Food Competition

Get creative with Youthwatch Darlington and share your healthy meal or recipes with us to be in with a chance to win a £50 shopping voucher!

As the warmer months begin and restrictions ease it's a great time to think about healthier ways to enjoy our food!

Family households in Darlington with children aged 4 to 16 years of age are invited to send us a photo or video of a healthy meal, snack or recipe you have created that you love to eat at home!

Terms & Conditions

- A photo or video should be sent to Healthwatch Darlington by Friday 30th April 2021
- You need to tell us the names & ages of the child or children from the family household. (Participants must be aged 4 to 16) Parent/carer contact details need to be shared.
- You also need to tell us what's in your recipe or meal!
- All entries should be emailed to info@healthwatchdarlington.co.uk
- All entries will be added to an independent random generator shortly after April 30th 2021 where the winner will be picked a random.

Share with us on social media

Some of our young volunteers from Youthwatch Darlington will be sharing their own videos on social media to offer you inspiration. We would love to see your own photos or videos on social media. You can either add us on Facebook using @youthwatchdarlo or Instagram using @youthwatchdarlington and # your post using **#MakeAHealthyStartDarlo**

Email: info@healthwatchdarlington.co.uk

Telephone: 01325 380145

Competition details and inspiration:

<https://www.healthwatchdarlington.co.uk/advice-and-information/2021-03-22/healthy-eating->