



LLYSIAU O GYMRU AR GYFER YSGOLION CREU DYFODOL IACHACH I GYMRU WELSH VEG IN SCHOOLS GROWING A HEALTHIER FUTURE FOR WALES

Poster Challenge: Welsh Veg in Schools

A competition for primary aged children in schools taking part in the [Welsh Veg in Schools](#) initiative. The winning poster will be sent to all schools in Wales who are part of this special project.

What Is Welsh Veg in Schools?

Welsh Veg in Schools is a special project that helps get more delicious Welsh vegetables into school lunches – and your school is taking part. Here's some more information: [Welsh Veg in Schools – foodsensewales.org.uk](#)

Welsh Veg in Schools works with farmers, growers, wholesalers and schools to make sure that many of the vegetables in your school lunches are organic, meaning that they're grown in a way that protects and enhances wildlife. The vegetables are also grown locally so when you eat your school lunches this term, you'll be enjoying veg grown nearby – brought to your school in the lorries that deliver the ingredients for your school lunches.

Your Mission:

We're asking pupils in schools taking part in **Welsh Veg in Schools** to create a fun, colourful poster that will encourage your friends to eat the vegetables included in your school lunches and celebrate how they're grown by farmers in Wales.

Your poster will help share the message that the vegetables in your school lunches are delicious and local.

Here's a list of the vegetables being grown as part of Welsh Veg in Schools:

- Carrots
- Tomatoes
- Broccoli
- Cucumbers
- Courgettes
- Kale
- Cabbages
- Salad leaves

Partneriaid sefydlu Llysiau o Gymru ar gyfer Ysgolion / Founding partners of Welsh Veg in Schools:



Ariennir gan
Lywodraeth Cymru
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What to Include in Your Poster:

- Create your poster design on a plain white sheet of A4 paper
- You can draw your poster or you can create a digital version
- Use a bright and bold title
- Think about including pictures or drawings of your favourite vegetables – carrots, broccoli, cauliflower, squash, courgette, kale, cabbages, spinach, salad leaves, tomatoes, peppers – you choose!
- You may want to use vegetable inspired colours such as green, orange, red, yellow, purple or white
- You could include drawings of butterflies, bugs and bees too
- What about using a fun slogan or message explaining how you're eating locally grown, tasty vegetables as part of your school lunches?
- You could include some key facts, including:
 - The vegetables are grown by local farmers and growers
 - The vegetables are fresh and delicious
 - The vegetables are grown in a way that's good for the planet, encouraging bees, birds and bugs
 - The vegetables are really tasty and fresh and haven't travelled from other parts of the world to reach your plates
- You can design the poster in either English or Welsh. The winning poster will be bilingual so think about how your poster will work in Welsh and English. (We'll translate the poster from its original language)

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Here are some pictures of the farmers and vegetables that you may find useful



Why It Matters:

Your poster will help other children learn more about Welsh Veg in Schools and how you're eating locally grown vegetables as part of your school lunches. Good luck – and get creative.

What next?

Send your entries to us via email foodsensewales@wales.nhs.uk

Deadline: Wednesday, October 22nd

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