



# Step-by-Step Guide for #SustainableSundays



## Interested to get involved? Follow the below guide:

### Preparation

Create a delicious, healthy, climate-friendly recipe to showcase from your community, culture or region. This recipe can be sweet or savoury, a breakfast, lunch or dessert – it's up to you! From championing biodiverse ingredients to celebrating local and seasonal produce, take inspiration from the Chefs' Manifesto's 8 Thematic Areas.

Write out the recipe in English and your native language (optional), including the dish name, an ingredient list with quantities and step-by-step instructions. Add 50 words to your recipe explaining why you chose this dish.

Select 3 - 4 photos to accompany the recipe and your headshot, including one photo of the completed dish and at least two of the following: photos of the ingredients used; photos of how the ingredients were sourced; photos of how the dish was prepared. Please ensure all photos are high quality so that they can be used. (Optional)

**Extra:** If you cook the dish for this project, please feel free to film Instagram reels of the cooking process.

To submit your #SustainableSundays recipe, please add all content files to a folder titled with your name and dish name [here](#).

Once received, the Good Food for All support team will identify a publication date for the release of your #SustainableSundays recipe. A week ahead of the publication date, the team will share with you a recipe card and stylised recipe document.

### On the Day

On the publication date, please post your #SustainableSundays recipe on your social media platforms with the following hashtags: #SustainableSundays #GoodFood4All and #ChefsManifesto

**For any queries/questions please email [ceanne@sdg2advocacyhub.org](mailto:ceanne@sdg2advocacyhub.org) or [keren@sdg2advocacyhub](mailto:keren@sdg2advocacyhub)**

