

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.

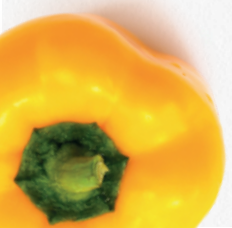
Write out the recipe in English and your native language (optional), including the dish name, an ingredient list with quantities and step-by-step instructions. Add 50 words to your recipe explaining why you chose this dish.

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.





Step-by-Step Guide for #SustainableSundays

Interested to get involved? Follow the below guide:

Preparation

Step 1: Create your recipe

- Choose a delicious, healthy, climate-friendly recipe that represents your community, culture, or region.
- It can be sweet, or savoury, for breakfast, lunch or dinner
- From championing biodiverse ingredients to celebrating local and seasonal produce, take inspiration from the Chefs' Manifesto's 8 Thematic Areas

Step 2: Write out your recipe

Please write the recipe in English with metric measurements (option to include a native or alternate language translation also):

- Dish name
- Preparation time and cooking time
- How many serves
- Ingredient list with quantities
- Step-by-step cooking instructions
- Add a 50-word explanation of why you chose this dish

Step 3: Photography

Take 3-4 high-quality photos:

- One photo of the completed dish
- Photos of the ingredients used
- Photos showing how the ingredients were sourced
- Photos of the cooking process

Extra: Feel free to take a reel/video of the cooking process if you test making the dish you submit and share the content with us!

Step 4: Submission

Organise all your content files (recipe, photos, video) into a folder titled with your name and dish name. Submit your #SustainableSundays recipe to arhantika@sdg2advocacyhub.org

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 arhantika@sdg2advocacyhub.org