



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 nanzia@sdg2advocacyhub.org