

# Mediterranean Diet Sweepstake

Pick the winning ingredient off a triangle below

How to play: Write your name next to your chosen ingredient and make a donation to your host\*. When all names are filled the winner will be announced and prize awarded!



Tomato Name:	Peppers Name:	Broccoli Name:	Onion Name:
Cucumber Name:	Melon Name:	Apple Name:	
Orange Name:	Olives Name:	Salmon Name:	
Lentils Name:	Sardines Name:		
Chicken Name:	Cashews Name:		
Beans Name:			
Walnuts Name:			

Suggested donation

**£3** per entry

Host: Remember to choose an ingredient, write it down and keep it in a sealed envelope. Prepare a prize for the winner...  
Hint: who doesn't like a healthy fruit & vegetable basket?