



## Be a champion of change by strengthening the food roots that bind us all.

Are you ready to play? Take part and see how many squares you can tick off between 26 September and 12 October.

Cook a full  
British  
breakfast

Visit a local  
farm or  
community  
garden

Bake a fruit  
pie using  
British apples  
or plums

Buy from a  
local farmers'  
market

Plant and  
herb garden

Start a  
compost bin  
to reduce  
waste

Share your  
favourite  
British food  
memory

Support a  
British food  
charity

Share a  
photo of your  
British food  
shopping

Enjoy a  
British  
cheeseboard

Follow a  
British farm  
on social  
media

Share a  
British recipe  
with friends  
or family

Encourage  
others to  
choose  
British

Read a food  
story about a  
British  
producer

Make a roast  
using British  
meat and veg

Sign our 'Make  
the switch' to  
British pledge

