



## COMPETITION:

### **Do the most sustainable shopping for €2.50 from 1-30 April 2026 and win a great prize**

Local residents shared their favorite recipes in the cookbook 'Sustainable food with a small budget in Lunetten.' Don't have the cookbook yet? Pick up your own free copy at the Lunetten Junction or request it from [ineke@duurzaamutrecht2030.nl](mailto:ineke@duurzaamutrecht2030.nl). (Voluntary donations are welcome).

The cookbook contains tasty recipes that you can easily make yourself. But is the meal cheap and sustainable? And where can you buy sustainable groceries for a reasonable price? Do you have a tip, and would you like to share it with your neighbours? Or had you always wanted to try out that one shop or vegetable garden? Take part in our sustainable shopping competition.

#### **How does it work?**

Choose a recipe for a main meal from the cookbook Lunetten. Make a shopping list of the ingredients. Buy groceries for a maximum of €2.50 per person. Try to buy as sustainably as possible. Cook the meal and enjoy. Hand in the completed form with the receipts (or a copy) by 30 April 2026 at the latest. A jury will assess all entries and announce the winner on 9 May 2026 at the spring market in Lunetten Shopping Centre.

#### **What is sustainable?**

In this competition, we assess the messages on five criteria:

1. Packaging: are the groceries packaged or unpackaged?
2. Local: do the groceries come from the province of Utrecht or further away?
3. Season: do fruit or vegetables grow in the Netherlands in this season?
4. Waste: do you prevent food from being thrown away? Think of the Too Good To Go app or the food bank, or leftovers from your own fridge.
5. Organic: are the groceries certified organic, or do they come from a vegetable garden where no pesticides are used?

#### **What do we do with your completed form?**

We cut the box with your tracking number, your name and email or phone number from the form and store it separately. We also put the serial number on the rest of the completed form. The jury only assesses the numbered forms, and therefore does not know which name belongs to which form. Once the jury has chosen a winner, we compare the number of the winning form with the numbered names. This way we know who won the prize. After the award ceremony, they throw away the strips with names, emails or phone numbers. This is how we respect your privacy. Participation is voluntary. If you have submitted the form and still do not want to participate, please let us know. Then we will return your form and the box with your personal data.

We use the tips about sustainable groceries from the forms that you do not request back in the cookbook web app that computer science students at Utrecht University make. Through this app, you will soon give local residents who want to eat sustainably with little money an idea of where they can do their shopping.