

# ENTER THE GO FOR 2&5<sup>®</sup> EVERYDAY COMPETITION TO WIN WIN!

FUEL YOUR BODY WITH HEALTHY FOOD AND DRINKS AND  
PERFORM AT YOUR BEST! ENTER THIS COMPETITION TO GO  
IN THE DRAW TO WIN AN AWESOME PRIZE PACK!



COOK A  
NUTRITIOUS RECIPE



ASSEMBLE A WHOLESOME  
LUNCHBOX



CREATE A FRUIT OR VEGETABLE  
CHARACTER FOR AFTERNOON TEA

DESIGN YOUR OWN  
CULINARY CREATION



SHARE A HEALTHY  
HALFTIME SNACK WITH  
YOUR TEAMMATES

YOU CAN SUBMIT  
VIDEOS, PHOTOS, ARTWORK,  
STORIES OR ANY OTHER  
CREATIVE MEDIUM THAT  
COMES TO MIND. HERE ARE  
SOME IDEAS TO KICK-START  
YOUR IMAGINATION...



SHOWCASE YOUR  
VEGIE GARDEN

THE POSSIBILITIES  
ARE ENDLESS...



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The 'Go for 2&5<sup>®</sup> Everyday Competition' encourages WA Junior footballers to think about how they can fuel their bodies with healthy food and drinks to perform at their best, both on and off the field. With a specific emphasis on fruit, vegetables and water, we want you to unleash your creativity and demonstrate how you embrace the 'Go for 2&5<sup>®</sup>' health message.

You can submit videos, photos, artwork, stories or any other creative medium that comes to mind. Here are some ideas to kick-start your imagination - cook a nutritious recipe, showcase your veggie garden, assemble a wholesome lunchbox, share a healthy halftime snack with your teammates, create a fruit or vegetable character for afternoon tea...the possibilities are endless!

**THE TOP ENTRY IN THESE CATEGORIES WILL WIN AN EXCITING PRIZE PACK:**

- 1 x winner aged 5 to 7 years
- 1 x winner aged 8 to 12 years
- 1 x winner aged 13 to 18 years

## PRIZES

\$150 sports equipment voucher + Go for 2&5<sup>®</sup> footy pack

**READY TO SHARE HOW YOU 'GO FOR 2&5<sup>®</sup> EVERYDAY'?**

Click here to submit your entry or scan the QR code for more information, including Competition Terms & Conditions.

Entries close 5pm Friday, 6th September 2024.

Contact [partnerships@wafc.com.au](mailto:partnerships@wafc.com.au) with any questions.

DID YOU KNOW EATING TWO SERVES OF FRUIT, FIVE SERVES OF VEGETABLES AND LOTS OF WATER EVERY DAY ARE LIKE MAGICAL POWER-UPS FOR YOUR BODY?! THEY ARE PACKED WITH VITAMINS AND MINERALS THAT GIVE YOU THE POWER TO RUN FASTER AND JUMP HIGHER, JUST LIKE YOUR FAVOURITE FOOTBALL STARS!

