

**EAT THEM
TO DEFEAT THEM
2026**

**VEG
HUNTERS**



STARTS 2ND MARCH 2026



Eat Them to Defeat Them is back for an eighth blockbuster year with an exciting new feature called Veg Hunters.

Over the last seven years over 1.8m children in over 5,000 primary and special schools took part, with 89% of schools reporting that children ate more veg in schools thanks to all the support from school caterers.

Children in schools will be leading the fight this year as **Veg Hunters**. Their mission is to lead the fight in their school including running **The Great Veg Vote** to find out their school's favourite vegetables and which ones they need to eat more. These activities may start as soon as 12th January.

Schools might also come to you asking about how you can work together to create theme days for different veg (these can simply be on the day that veg is served, or you might create special tasting dishes and occasions). They could ask to team up with you to decorate the hall and we have given them decoration kits so they can make their own.

The main event starts from 2nd March and you can wait to join in at this point. We'll be delivering lunchtime participation stickers and decoration sets the school should pass to you or the lunchtime team. There are five sticker designs, enough for each child to have one of each at up to five different veg-theme days. Plus every child will have a Mission Pack to take home.

Finally, look at the next page for our new Eat Them to Defeat Them Schools' Challenge kindly sponsored by Tilda which replaces Caterers Challenge. There's cash prizes up for grabs.

More details and resources at

EATTHEMTODEFEATTHEM.COM/CATERERS



VEGPOWER

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For the last six years we have run Eat Them to Defeat Them Caterers' Challenge kindly sponsored by Tilda to recognise outstanding work done by school caterers to bring Eat Them to Defeat Them to life.

We are evolving our Caterers' Challenge into the **Eat Them to Defeat Them Schools' Challenge**. We are looking to recognise and reward a whole school approach. A celebration of schools, pupils and caterers working together to improve children's diet.

Prizes include up to £500 cash for the winning catering team as well as cash prizes for schools too.

Enter online from 2nd March.

More details and resources at

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PROGRAMME GUIDE

If you are new to Eat Them to Defeat Them or want to find out all the details of the activities in schools download this guide from the website.

RECIPES

Look online for these 5 easy to follow recipes using Tilda's Brown & White rice blend and packed full of vibrant, nutritious veg.

CARIBBEAN RICE & PEAS

RAINBOW BROCCOLI RICE

PEPPER POWER JOLLOF

STICKY CARROT BIRYANI

POKE BOWL




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