



# Playing with Real Food

Getting kids excited about real food is easy when the whole family is involved. A sandwich-making contest is a fun way to get kids excited about real food and open their minds - and taste buds - to new flavours. Below are a few fun tips from Hellmann's® on how to organize the ultimate at-home sandwich competition.

## The ultimate at-home SANDWICH COMPETITION

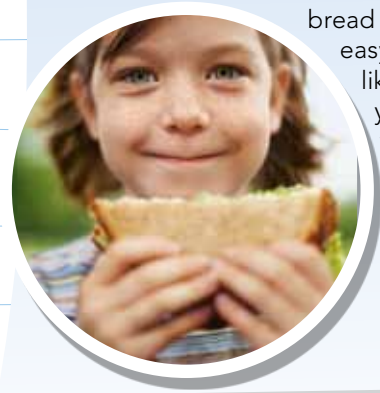
### 1 Stock Up

Send each member of the family on a hunt for delicious real food ingredients that can be used to create the ultimate real food sandwich.

From crisp, fresh lettuce to juicy tomatoes, the farmers' market provides a huge selection of real ingredients.

### 2 Lay It Out

Slice and dice all of the real food ingredients and place them in separate bowls across a table. Start the assembly line with different bread options and end it with easy-to-use condiments, like a squeeze bottle of your favourite Hellmann's variety.



### 3 Get Messy

Help kids develop a taste for cooking by letting them get hands-on with their sandwich creations. Handle the oven or be on knife duty if they want to toast their sandwiches or cut them into creative shapes. Kids will have fun trying new things and experimenting in the kitchen.

### 4 Winner Feeds All

Have participants name their creation to distinguish between all of the real food sandwiches. Designate a judge to blind taste-test them all and pick a favourite. The winning sandwich can be served to everyone for lunch or dinner, while the winner retains bragging rights until the next sandwichmaking contest!