**5 for 5 Challenge Terms and Conditions**

**Eligibility:**

The 5 for 5 Challenge is open to individuals who meet the following criteria: Participants must reside within the district of Chelmsford, Essex, and must be aged 16 or over. Participants under the age of 16 must be accompanied by an adult to enter the competition.

**Entry Period:**

The competition will begin on [start date] and end on [end date]. Entries submitted after the closing date will not be considered.

**Entry Requirements:**

To enter the competition, participants must create a meal for one person using a minimum of 5 ingredients. The total cost of purchased ingredients must not exceed £5. All ingredients must be seasonal, locally sourced, or UK-reared, and sourced sustainably with minimal packaging waste. Participants must fill out the entry form on the Chelmsford City Council website, providing a list of ingredients, a description of the cooking process, and three photographs of the prepared dish.

**Permitted Additions and Sourcing:**

Supplemental ingredients such as salt, pepper, sugar, spices, oils, and common kitchen sauces are exempt from the overall cost, provided they do not dominate the dish. The use of leftovers is allowed, but the majority of the meal must not be reliant on leftovers. Homegrown and allotment-grown ingredients are exempt from the cost calculation.

**Judging Criteria:**

Entries will be evaluated based on creativity, sustainability, minimal food/plastic waste production, adherence to the budget, and seasonal appropriateness. A scoring matrix will be used to determine the winner, with points awarded and deducted accordingly.

**Winner Selection:**

There will be only one winner per competition. Winners will be selected based on the highest scores in accordance with the judging criteria. The decision of the judges is final and no correspondence will be entered into regarding the results.

**Prizes and Schedule:**

The competition will run on an alternating monthly basis, for seasonal ingredient variations. Monthly prizes may include items such as air fryers, food vouchers, and pressure cookers, aligned with the challenge's values of sustainability and culinary innovation.

**Publicity:**

By participating in the competition, participants agree to allow Chelmsford City Council to use their name, likeness, and entry for promotional purposes without further compensation.

**Privacy:**

Any personal information provided by participants will be used solely for the purpose of administering the competition and will not be shared with third parties without consent.

**Disqualification:**

Chelmsford City Council reserves the right to disqualify any entry that does not comply with these terms and conditions or is found to be fraudulent or misleading.

**Contact Information:**

If you have any questions about the competition or these terms and conditions, please contact Chelmsford City Council at [contact information].

By participating in the 5 for 5 Challenge, participants indicate their agreement to be bound by these terms and conditions.