



Dear Junior School,

Hope all of you and your loved ones are all safe and healthy during this challenging times.

I wanted to get you guys involved in a worthy cause to help the wider community.

I am participating in a Ration Challenge, to raise money that will help save lives now - providing emergency food, hygiene kits and life-saving support to the people hit hardest by this crisis.

How does it work?

I will be only consuming exactly the same food, in almost exactly the same quantities, that are consumed by refugees in urban refugee camps. This will happen from the moment I wake up on 14 September, to when I go to bed on 16 September, I will drink only water and eat just the rations.

Food item	Quantity
Rice	252g
Lentils	72g
Dried chickpeas	36g
Tinned sardines	75g
Tinned kidney beans	240g
Vegetable oil	129ml

You guys can join our school team at <https://schools.rationchallenge.org.au/trist-house>

Our team members so far are myself, Nereese Weerainghe, Tyler Durand and Finn Weller. If you would like to join us in this challenge, please email Miss Reale.

DON'T FORGET ASK PERMISSION FROM YOUR PARENTS FIRST!

Davin Weerasinghe
Trist House 6M

